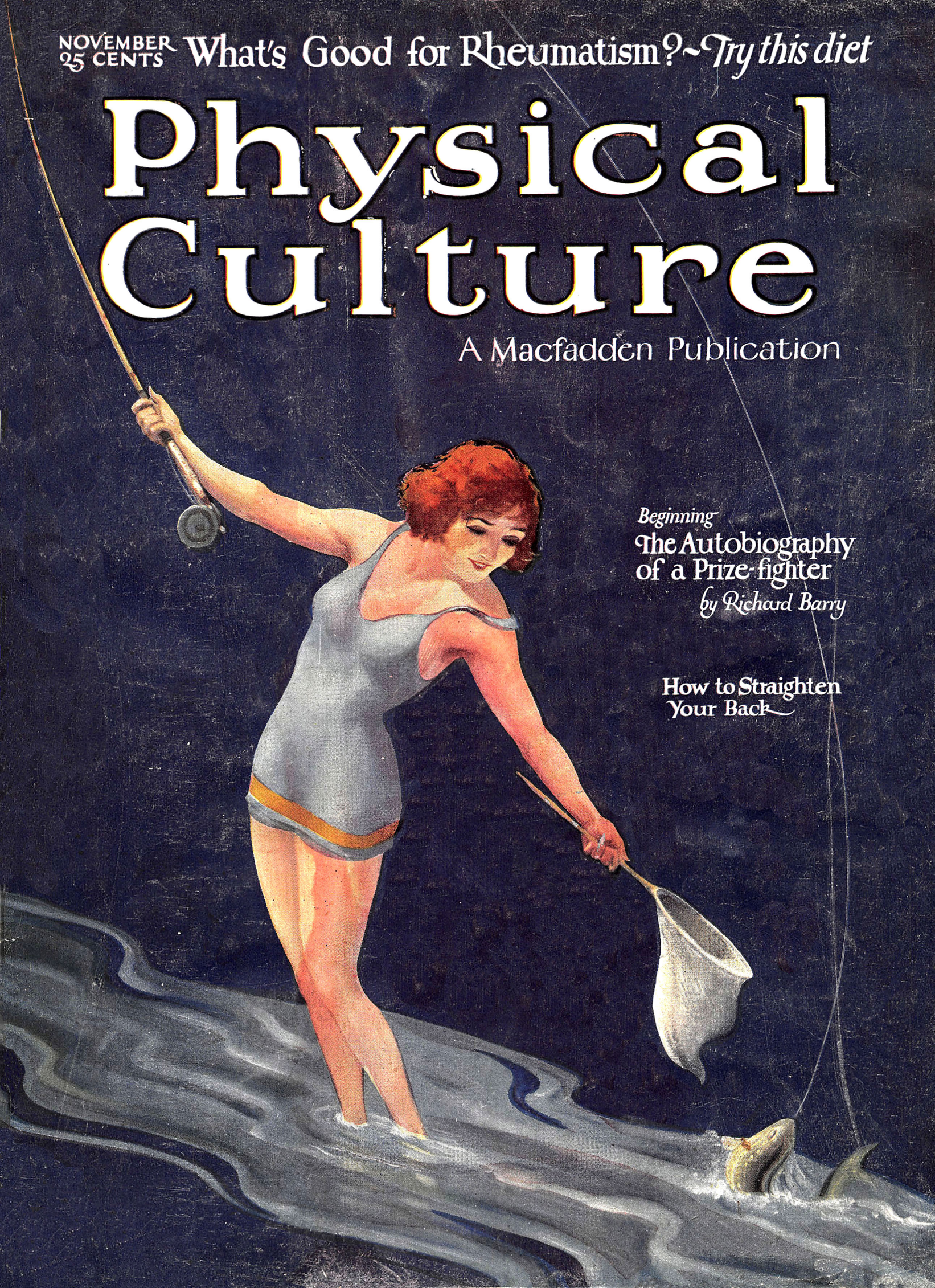
NOVEMBER
25 CENTS

What's Good for Rheumatism?~*Try this diet*

Physical Culture

A Macfadden Publication



Beginning
The Autobiography of a Prize-fighter
by Richard Barry

How to Straighten Your Back

Renulife Violet Ray is Used For

Abscesses	*Infantile Paralysis*
Anemia	*Insomnia*
Asthma	*Locomotor Ataxia*
Baldness	*Lumbago*
Bronchitis	*Nervousness*
Bunions	*Neuralgia*
Catarrh	*Neuritis*
Colds	*Obesity*
Dandruff	*Paralysis*
Ear Diseases	*Piles*
Eczema	*Phyorrhea*
Enlarged Prostate	*Rheumatism*
Female Complaint	*Sciatica*
Goitre	*Skin Diseases*
Gout	*Sprains*
Hemorrhoides	*Warts & Moles*
Hay Fever	

"Health brought me Beauty"

"What a change Renulife brought me! Instant relief from pain and a stimulated circulation that cleared my skin. Renewed health brought out curves I never knew my figure possessed.

"Relief from disease overjoyed me—and in addition my friends say I'm actually beautiful now."

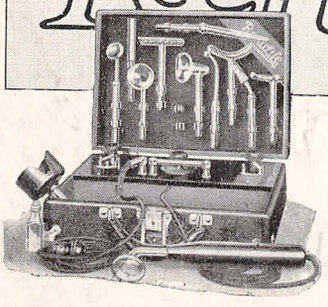
Renulife Violet Ray results are immediate and positive in neuritis, rheumatism, neuralgia and other blood and nerve disorders. Every sufferer from chronic ailments and those who are dissatisfied with their complexion or hair should try this scientific treatment.

Actual use of Renulife Violet Ray is necessary to realize how much it will do for you. A thorough test in your own home is made possible through our 10 Day Free Trial Plan.

Nature intended you to be well and strong. You are entitled to the benefits Renulife may bring you. Send the coupon today for our book "Health" and details of our 10 Day Free Trial Plan.

Renulife Electric Company, 1120 Newberry Bldg., Detroit, Mich.

Renulife Violet Ray

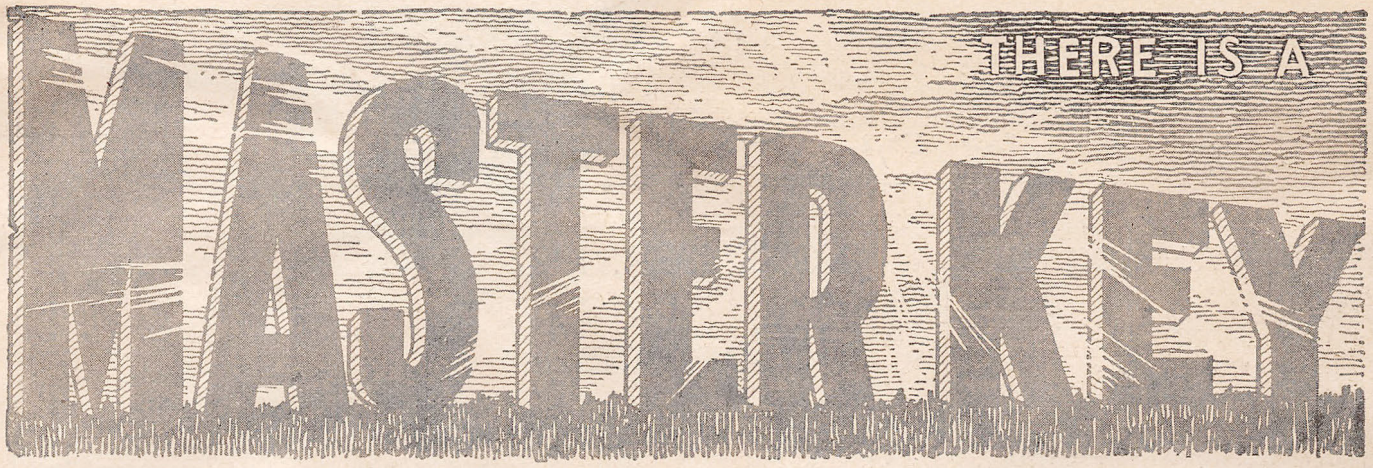


Renulife Electric Company,
1120 Newberry Bldg., Detroit, Michigan
(In Canada: Pitt St. E., Windsor, Ont.)

Gentlemen: Please send me your book "Health" and explain how I can try Renulife Violet Ray for 10 days free.

Name .....

Address .....



Union, Oregon,
Dec. 22, 1921

Mr. Chas. F. Haanel,
St. Louis, Mo.

Dear Mr. Haanel:—

Part 23 on money consciousness has been read by me for the fifth time; and prompts me to write these so inadequate words, because there are no words coined in any language that can convey the import of any part of the Master Key. The exposition of the conflict between labor and capital, rich and poor, is so scientifically and so simply put forth that only the brain with no receptive cells can refuse to accept the evidence of its truth.

As in all other questions that I was so sure that I was right and therefore so radical, but especially the rich and poor question, I find that I was radical but radically wrong. It is so plain now that if we have the overly rich and the exceedingly poor is because the people make it so through their ignorance, and that the fault of an "artificial distribution" lies with the majorities by not complying with the law, the law of all other laws, the law of creation which is "The Creative Power of Thought."

The Master Key has made a discontented hating attitude in me into a contented, harmonious, loving and happy man. I would not sell my knowledge that I found in the store-house of the Universal and unlocked with your Master Key, for all the gold that there is, because I could not enjoy it without this knowledge.

My future? It is bright and many years ahead. Mr. Haanel, I thank you and I want to serve you. If my services are of any value, say the word.

Yours with love,
JOHN B. HUNTER.

Boston, Mass.

Dear Mr. Haanel:

The English language is inadequate to express my appreciation of your Master Key System. It is indeed a key for those who read it with understanding, for they will find that it unlocks all the good things of life.

Only as one is attuned to the harmonies of inspiration can he bring forth and convey to a hungry world such soul satisfying Manna as the Master Key.

I have been a student of Metaphysics for 35 years, and have never read anything on the subject as clear, comprehensive and helpful as the Master Key. May you reach the millions hungering for this illuminating Truth which will bring happiness and the joys of a living life.

Yours truly,
ARTHUR E. STILWELL.

NOTE:—Mr. Stilwell is the builder of the Kansas City and Southern Railroad, the Kansas City Interurban Belt Railroad, Kansas City, Omaha and Eastern Railroad, Kansas City, Mexico and Orient Railroad, Port Arthur Ship Canal.

which can unlock the secret chambers of success and throw wide the doors which seem to bar men from the Treasure House of Nature. This may seem "too good to be true," but remember that within a few years science has placed almost infinite resources at the disposal of man; is it not possible that there are other laws containing still greater possibilities? Get the Evidence and find out for yourself.

Marshall, Texas,
July 10, 1920.

My Dear Mr. Haanel:

I have finished the Master Key Lessons. My appreciation of them can never be even approximately estimated, nor their value measured. In politics, religion, art, science, law, medicine, the world of today demands, and has a right to expect, results.

Estimated upon the basis of purely material results alone, your Master Key System would challenge the wonder and admiration of the world. But the true value of Master Key lessons is to be found in their spiritual content—their power to elevate, enlighten, broaden, ennoble, enrich, and exalt the earnest, sincere student, through a revelation, unfoldment, development process, whereby the true nature and possibilities of man are disclosed.

A concrete example? In two months Master Key Lessons brought me $2,400.00—exactly $100 each. This "happened" at a time when least expected, because at a time when business in my line is always at its lowest ebb. But the skeptic will say: "It just so 'happened'." You remember how skeptical I was? How much inclined to complain? But the Master Key gets results, not according to one's "faith," in respect to the obscure and mysterious, but according to one's fidelity in applying the principles you so clearly elucidate.

There is no condition in life that cannot be changed for the better by a conscious, intelligent, and purposeful application of the laws of creation, as explained in the Master Key. I hope that everyone who reads this letter will accept this statement and act upon it for self-betterment and the betterment of mankind.

Gratefully yours,
C. C. REDDOCH.

FREE! There is no charge for the Evidence. It is FREE!

CHARLES F. HAANEL, 212 Howard Bldg., St. Louis, Mo.

Send me the Evidence without cost or obligation of any kind.

Name .....

Address .....

Post Office ..... State .....

NOTE—*Tomorrow, today* will be *yesterday*, get the Evidence TODAY! NOW!

Physical Culture

Founded By Bernarr Macfadden

Volume XLVIII NOVEMBER, 1922 No. 5

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"I want all I can possibly carry of these orchards"

This statement of one Unit Owner, after recently viewing the Keystone Pecan Plantations, echoes the practically unanimous verdict of all unit owners who have seen for themselves the conditions on our plantations.

"These trees are so big, so sturdy, it is hard to believe they were only planted in January of 1921, and I want all I can possibly carry of these orchards," writes the Unit Owner shown on right of above illustration, photographed July. 1922, in these Established Orchards, two years old, January, 1923.

They come, they see, they buy more orchard units. **There are unit owners whose first purchase was a single acre-unit who now own over thirty orchard acres on the Keystone Pecan Plantations**—their first confidence was created by the economic and investment advantages of pecan orchards, their added confidence by the conditions on our plantations as seen by their own eyes.

The advantages of the pecan orchard in producing liberal quantities of food rich in fats and protein, superior in quality and flavor and ready for the table without any arduous preparation, cannot fail to appeal to any far-sighted man who takes the trouble to acquaint himself with the facts.

"We are building an industry which for generations should yield its bountiful crops of delicious food and bring millions of dollars to our citizens", says page 1101, Volume 54, of the United States Congressional Record. **"The longevity of the pecan orchard and its immense earning power make it one of the most profitable and permanent of agricultural investments,"** says Luther Burbank, the Edison of Agriculture.

The greatly increasing demand from the American public for more nut meat as the purest, sweetest source of fat and protein is shown by the fact that between 1900 and 1920 the gain in nut importations was thirty-nine times as great as the increase in population, despite the greatly increasing American yield of nuts in this period. Each year the increasing crop of the finest paper shell pecans is exhausted earlier, because of the increasing demand. **"We have now one pecan where we ought to have a million,"** says Burbank. To meet that demand, to hasten the day when we shall be able to fill the many orders which come into us after our entire year's supply is exhausted in a few weeks, we have evolved the co-operative profit-sharing plan which is fully explained in

Our Free Book, "PAPER SHELL PECANS"

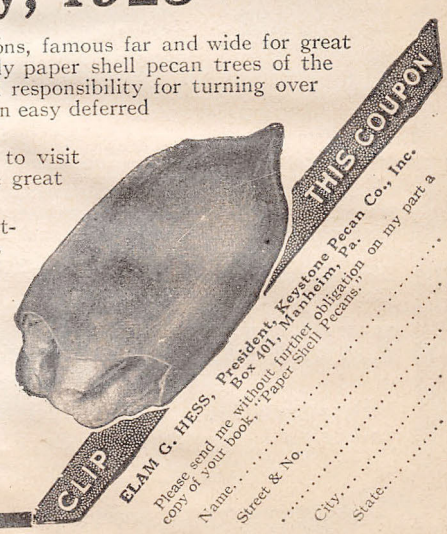
This book tells how you have the opportunity to hasten by two whole years the time when you will have paper shell pecans from your own orchard units for your own table and a surplus to sell at a profit. It illustrates and describes the

Established Certified Pecan Orchards Two Years Old, January, 1923

—orchards of thrifty pecan trees, planted January, 1921, in the fertile soil of our plantations, famous far and wide for great productivity. It explains how we have cleared your acreage, planted it with twenty sturdy paper shell pecan trees of the finest standard varieties, how we care for, cultivate and fertilize your trees assuming all responsibility for turning over a thrifty growing orchard. Shows how you pay for each acre-unit of these pecan orchards on easy deferred payments; explains the plan by which your units are full paid in case of death.

Send for this book. See for yourself the opportunity presented; arrange, if you wish, to visit these orchards in Southwest Georgia—where pecans thrive best—and note for yourself the great progress made.

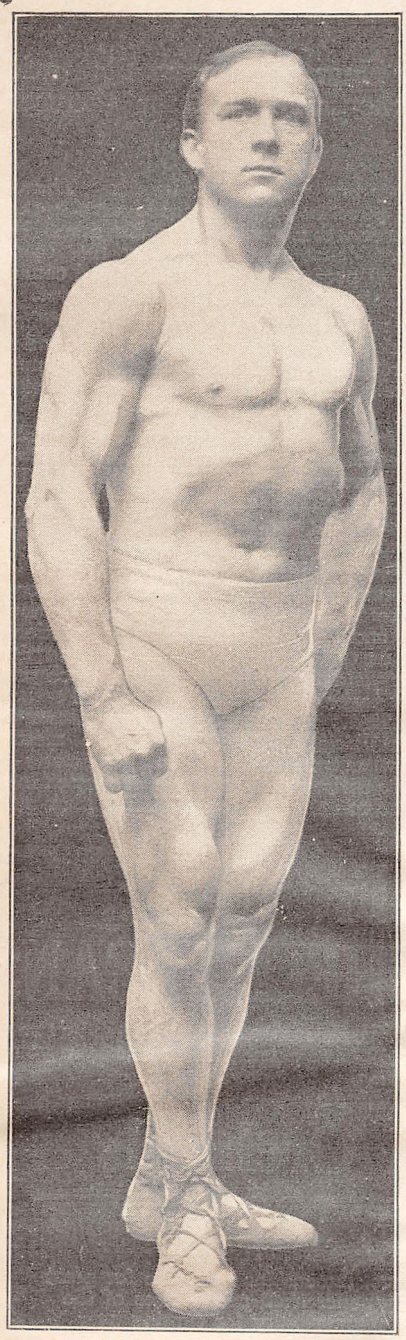
Do not delay, prompt action is necessary if you are to secure units in this limited planting of established pecan orchards—gaining two whole years in bringing your profitable crops of pecans to market. **Send coupon for that book, "Paper Shell Pecans," TODAY.**



ELAM G. HESS, PRESIDENT
KEYSTONE PECAN CO., Inc.
BOX 401, MANHEIM, LANCASTER CO., PA.

Reference: Keystone National Bank, Manheim, Pa.

What Kind of a Man Are You!



LIONEL STRONGFORT

Dr. Sargent, of Harvard, declared that "Strongfort is unquestionably the finest specimen of physical development ever seen."

You, young or old—in your teens or in your sixties. Can you face life cheerfully, day by day with the pep and power to keep going and to rise to better things? Or are you held down with the consciousness of your physical and mental weaknesses and deficiencies?

You made mistakes—so has every man. But the **Real** man rises above his mistakes and uses past errors as stepping stones to a happy, successful future. So can you. You don't have to drag out a miserable existence—weak, run-down—failing—burdened with Catarrh, Constipation, Indigestion, Dyspepsia, Billiousness, wretched with Nervousness, Prostate Troubles, Impotency, and the numerous other results of violating Nature's Laws. (See consultation coupon). You can be strong, vigorous, magnetic—a real man in the fullest sense of the word. Let me show you how.

You Can Come Back!

You can rebuild and revitalize every fiber of your being and fill your life with the joyousness of its purpose. No drugs, dope, oils, or other piffle. Just Nature's Laws—her kindly ways under personal guidance and you have the safe, sure, perfect way to Health, Strength, Physical Power and the Vigor and Vitality that make every breath ecstasy. **You can save yourself with**

STRONGFORTISM

The Modern Science of Health Promotion

Strongfortism creates in its followers, a new outlook on life—a new inspiration for higher things—a desire to live, to have a happy home, to rear a family, to love and be loved. **Strongfortism** aids Nature in banishing the ailments and weaknesses that destroy hope and happiness. It builds self-confidence, self-respect, determination and courage. It gives a man leadership—it wins him salary and success, reputation and renown. It enables him to attract others, to win admiration and love and to be the one preferred socially and in the business world.

Strongfortism will make a red-blooded, virile man of you—free you of the health-destroying habits and tendencies that have sapped your vital forces—banish your ailments—overcome your weaknesses and make you magnetic, popular, wanted—a power in business, a success as a husband, and looked up to by all, young and old of both sexes as a splendid specimen of vigorous, vital manhood.

Restore Your Body and Brain

Write to me in full confidence as you would to a brother and let me help you. My way is exclusively my own and I succeed because I realize that every person is different and each pupil must have personal attention in accordance with his individual needs.

Just because you made **that** mistake in your life don't let it drag you down. You have the latent power with you to rise above your indiscretions and be a **Man.** I personally guarantee your success with Strongfortism, no matter what your ailments are, or what caused them and irrespective of your age, occupation or surroundings.

Send for My Famous Book —It's Free

There is a liberal education in my book, **"Promotion and Conservation of Health, Strength and Mental Energy."** It will tell you in clear, understandable language just what's wrong with you mentally and physically and how you can make yourself over into a 100% specimen of vigor, vital magnetic Manhood. It's absolutely free. Just mark the subjects on the free consultation coupon (write other subjects on extra line) on which you want **special confidential information** and send with a 10c piece (one dime) to help pay postage etc. I'll do the rest. Send for my book—**Right Now**—TODAY.

FREE CONSULTATION COUPON

ABSOLUTELY CONFIDENTIAL

Mr. Lionel Strongfort, Dept. 991, Newark, N. J.—Please send me your book, "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY," for postage on which I enclose a 10c piece (one dime). Send me special information on subjects marked (X) below, as well as those I may write on extra line, without obligation.

..Colds	..Neurasthenia	..Vitality Restored
..Catarrh	..Short Wind	..Vital Depletion
..Hay Fever	..Flat Feet	..Falling Hair
..Asthma	..Constipation	..Deformity (Describe)
..Obesity	..Biliousness	..Stomach Disorders
..Headache	..Torpid Liver	..Successful Marriage
..Thinness	..Indigestion	..Impotency
..Rupture	..Nervousness	..Pimples
..Lumbago	..Poor Memory	..Blackheads
..Neuritis	..Rheumatism	..Round Shoulders
..Neuralgia	..Gastritis	..Lung Troubles
..Flat Chest	..Heart Weakness	..Female Disorders
..Fear	..Poor Circulation	..Weak Back
..Insomnia	..Increased Height	..Drug Addiction
..Bad Blood	..Easy Childbirth	..Healthy Children
..Weak Eyes	..Despondency	..Weaknesses (Specify)
..Anemia	..Skin Disorders	..Great Strength
..Debility	..Prostate Troubles	..Muscular Development

Mention other ailments here.....

Name.....

Age.....Occupation.....

Street.....

City.....State.....

LIONEL STRONGFORT

Physical and Health Specialist

Department 991 ***Founded 1895*** **Newark, New Jersey**

Special Notice:—*Lionel Strongfort, the World's Famous Athlete and Physical and Health Specialist, has achieved wonderful results with the Principles of Strongfortism. Thousands of pupils have testified to the benefits gained under his guidance. He enjoys an excellent reputation in his profession and can be depended upon to do exactly as he promises.*

1	2	3	4	5	6	7
bright	*white*	*attractive*	*active*	*good*	*real*	*strong*
radiant	*snowy*	*pleasing*	*busy*	*fine*	*true*	*potent*
vivid	*chalky*	*charming*	*alert*	*splendid*	*genuine*	*powerful*
brilliant	*milky*	*magnetic*	*brisk*	*excellent*	*sterling*	*keen*
glowing	*hoary*	*enticing*	*lively*	*prime*	*sincere*	*intense*

Pick Out the 7 Best Words

Can you tell which is the most convincing word in each list? Try it. Learn to use words that win.

STUDY the words at the top of this page. See if you can select the most effective word in each list.

It's a mighty important thing to do. For the ability to use the right words in the right way, is one of the biggest money-making powers you can possess.

No matter *who* you are—*where* you are—or *what* your daily task—words are the tools with which you work.

The only way you accomplish anything is through the use of words.

It makes no difference whether you are selling goods, buying goods, applying for a position or asking for an increase in salary, you *must* do it with words.

Therefore, the knowledge of how to use *powerful, constructive, convincing* words instead of *weak, negative, ineffective* words is of the utmost importance to you every waking minute of the day.

One reason why so many people are less than fifty per cent. efficient in speaking or writing, is because they use old, overworked, played-out, unconvincing words and phrases that have lost their power to interest and convince—words that no longer possess any real, forceful meaning.

To learn to use *right* words instead of *wrong* words, get and read our new, free book, *The Secret of Making People Say "Yes."*

Wrong Words Are Costly

The mistakes you make in the use of words cost money.

You gain or lose your friends—your position—your customers—your practice—your trade—by what you say and what you write.

Knowing how to express yourself in words that attract, interest and convince, often means the difference between humiliating failure and triumphant success.

Why is it that some salesmen earn $10,000 a year, while others, in the same line of work and with the same opportunities, make only $3,000?

Why is it that one public speaker causes his audience to cheer with approval, and another speaker leaves them cold and unresponsive?

Why is it that one letter lands a good position while others only land in the waste-basket?

Why is it some people are popular in society and make hosts of friends, while others, equally deserving, make no social headway whatever?

The answer is simple. It is because some people know *what* to say and *how* to say it. Others do not.

The subtle knack of expressing ourselves in a way that immediately secures the attention of others—the power to use interesting, forceful language—*language that convinces*—is the secret of success in almost every walk of life.

How to attain this knack is clearly set forth in our free booklet.

$10,000 a Year to Write Letters

Not long ago a business house advertised for a man to write their sales letters. The position paid a salary of $10,000 a year. The man who got the job and earns that handsome salary does so simply because he knows how to use *persuasive, compelling* words instead of *ordinary, unconvincing* words.

There is an expert letter writer in New York City who prepares sales letters for some of the biggest business houses. It is said that he receives as high as $500 for a single letter. This seems a big price. But when you know that one of his letters sent to a big list of names brought in more than $150,000 in orders, you can easily see that such a business-bringing letter is cheap at two or three times $500.

Any man who can put words on paper—in letters, circulars, catalogs, etc.—in a way that attracts, interests and convinces his readers can charge a great big price for his services.

And remember this: the only difference between the successful letters, circulars, or catalogs, and the unsuccessful ones—the kind that fill waste-baskets—is the difference in the words they contain—the difference between *clear, positive, convincing* language and *hazy, negative, unconvincing* language.

You will be interested in this important point as set forth in our free booklet.

FREE!

Mail coupon at once for a free copy of our new booklet which gives *The Secret of Making People Say "Yes."* You will find it amazingly interesting. Only 10,000 copies are now being distributed. They won't last long. So, get yours *today!*

Overcome Timidity and Fear

One of the important things that a knowledge of words—a mastery of speech—brings to you, is a total freedom from humiliating embarrassment and self-consciousness.

Men and women who are able to express themselves freely and fluently—who know what to say and how to say it—under all circumstances—never fall victims to the distressing influences of timidity and fear.

The ability to talk or write *clearly, readily* and *easily* at all times and under all conditions, produces a *poise* and *power* that can be obtained in no other way.

That quaking nervousness—that chilling fear—that overcomes most people when meeting strangers, when called upon to make a speech, or when they find themselves in any unusual position, is due almost entirely to the fact that they lack the power of self-expression. They do not know what to say or how to say it.

Why suffer in this way? Get our free book and learn how to get rid of this embarrassing difficulty.

Success Depends on Words

We are all salesmen—every mother's son of us. Some of us are selling merchandise. Some are selling services. Some are selling only themselves. But every one of us is trying to sell something to somebody. In other words, we are trying to convince somebody of something. We are trying to get others to do what we want them to do. We are trying to get them to say "Yes" instead of "No."

And we must do it with *words*.

So, you see, we all need a knowledge of the right use of words, because we all want to become better salesmen, no matter what we are selling.

The only way we can sell is by talking or writing. Therefore, our success depends upon our knowledge of what words to use and how to use them.

Get this important knowledge and get it now.

What Right Words Will Do For You

Our free booklet—*The Secret of Making People Say "Yes"*—points out the quickest and easiest way for you to learn to express yourself with the forceful effectiveness that persuades people to *do what you want them to do.*

It shows you how to gain a command of powerful English that enables you to get a good—or a better—position
—secure an increase in salary
—successfully handle important business deals
—make bigger sales and more of them
—explain embarrassing mistakes
—collect money
—write letters that win
—secure financial and other accommodations
—attract worth-while friends
—win the admiration of those you care for.

A knowledge of the skillful use of words *doubles* your powers of accomplishment by *doubling* your ability to influence others. It gives you the *power to persuade*, which is the real secret of success.

Get this free book at once. It is the key to effective speech.

Do Not Delay

Send for this free book now. Do not put it off. Only 10,000 copies are now being distributed. They are sent to any one who asks for them—without cost or obligation of any kind. They will not last long. So, if you want one, be prompt.

You cannot possibly judge in advance of seeing it, what this little book can do for you, but
—by showing you how to get the maximum results from the right use of words;
—by showing you how you can easily acquire the word power to attract, interest and convince others;
—by showing you just how to please people and persuade them to say "Yes" instead of "No," it will convince you, beyond a shadow of doubt, that you took a wise step in sending for it, and that it is the most fascinating and valuable little book of information you ever got for the asking.

Send the coupon today—before the present edition is all distributed. Independent Corporation, Dept. BE-2411, 15 West 37th Street, New York.

Use This Coupon

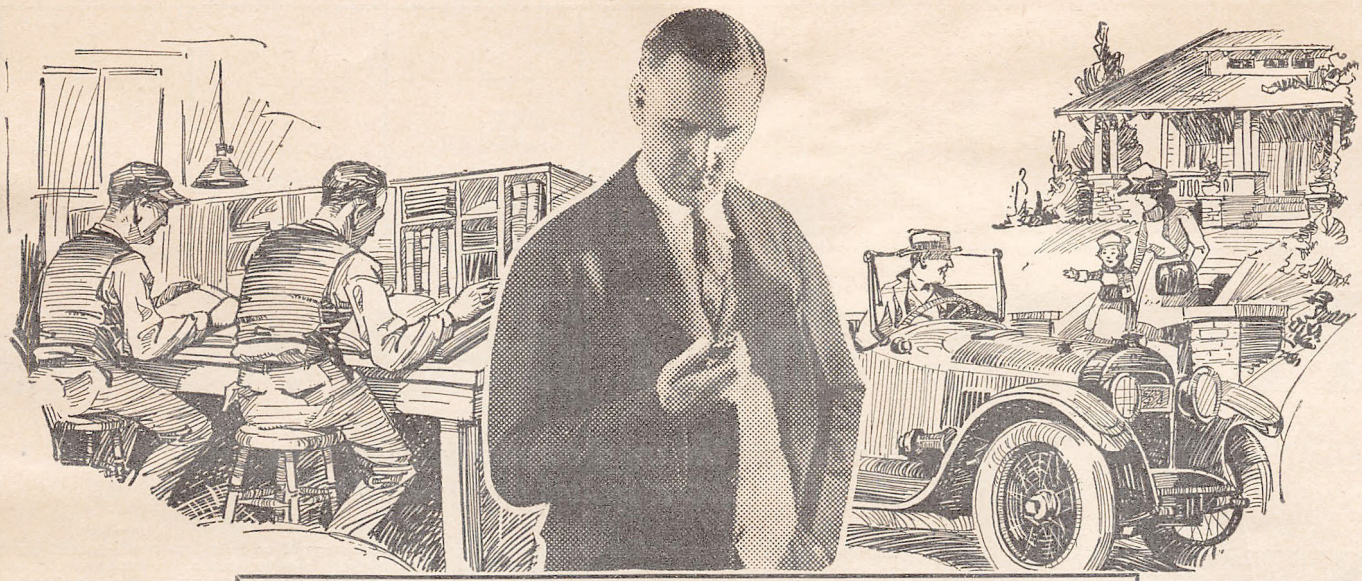
INDEPENDENT CORPORATION
Dept. BE-2411, 15 West 37th Street, New York

Gentlemen: I accept your offer of a free copy of *The Secret of Making People Say "Yes."*
Mail it at once to

Name.....

Address.....

Physical Culture 11-22



In every man's life there is one Big Moment when he makes the decision that either robs him of success—or leads on to fortune

Your One Chance to Earn *The Biggest Money of Your Life!*

HAVE you ever considered why our richest men come from our poorest boys? Isn't it a strange thing that it is almost invariably a young fellow who starts life without a cent in the world, without education, without influential friends—in short, without one single solitary advantage—who accumulates millions of dollars? Isn't it a miracle that inside of a comparatively few years a man can rise from abject poverty to fabulous wealth?

Astonishing, certainly—but more important, it is wonderfully inspiring. For it means that no man need be held down by circumstances. Once he knows the "millionaire's secret," he can put it into operation regardless of all obstacles that seem to block his path. His fancied handicaps simply vanish into thin air. He suddenly finds that everything he touches turns to gold—money flows in upon him—fortune showers him with its favors. Everything he wants seems to come to him just as surely and easily as day comes after night.

The Secret that Makes Millionaires

But millionaires are not the only ones who use this secret. It has made every great man of history. Think of Napoleon—an unknown Corsican soldier in the ranks—then suddenly startling the world with his meteor-like rise, overthrowing empires, reshaping the destinies of nations!

What is this amazing secret that can work such wonders? It is just this: *The thing behind all big achievement, whether in business, political or military life, is opportunity.* The man who wins is the man who sees his opportunity and seizes it. The man who never rises above the rut is the man who lets his opportunity pass.

To every man there comes one BIG opportunity—the golden chance of his life. And in the moment he decides for or against that opportunity—whether he will seize it or let it pass—he decides the whole future course of his life.

How often you hear a man say: "If only I had recognized my opportunity when it came—if only I had taken advantage of it—I would be a rich man today."

The world is full of such men—they plod along year after year—slaving away, hoping that somehow things will take a turn for the better. But their chance for success is gone—it lies buried in the graveyard of neglected opportunity.

On the other hand, let a man see and grasp his Big Opportunity—no matter how obscure he may be, how poor, how lacking in advantage—and his sudden rise to success will astonish the world. People will gasp at the amazing transformation in his fortunes. Read the life of any millionaire and you will find this to be so.

Choose Between Low Pay and Magnificent Earnings

This very minute *you* may be face to face with *your* Big Opportunity—your *one* chance to earn the biggest money of your life! Right now your decision may mean the difference between a life of plodding, routine work at low pay and a career of inspiring success and magnificent earnings.

For now you are offered the very opportunity that has made other men rich, that has brought them more money than they ever dreamed of earning.

It is the same opportunity that lifted Warren Hartle, of Chicago, out of a job in the railway mail service, where in ten years he had never gotten beyond $1,600 a year, and landed him in a $10,000 a year job. It jumped Charles Berry, of Winterset, Iowa, from $60 a month as a farmhand, to $1,000 a month. It brought to C. W. Campbell, of Greensburg, Pa., a clerk on the railroad, a position that paid him $1,562 in thirty days.

These men and hundreds more have found their Big Opportunity in the wonderful field of Salesmanship. They are all Master Salesmen now. They are earning the biggest money of their lives—more than they ever thought possible—they are engaged in the most fascinating work in the world—they are independent, come and go as they please—they meet big men—every minute of the day is filled with thrilling variety.

Your Big Opportunity may be here, too, in the wonder field of Salesmanship. Perhaps you say you have never even thought of becoming a Salesman. But before you decide one way or the other, examine the facts for yourself. See what Salesmanship offers you—why it is the best paid of all vocations—why there is no limit to what you may earn. Read the amazing proof that, no matter what you are doing now, you can quickly become a Master Salesman in your spare time at home—read how the National Salesmen's Training Association in its nation-wide search for men to fill the great need of Salesmen, has devised a wonderful system that reveals to you every Secret of Selling without interfering in the least with your present work. See how this famous organization helps you to a good position in the line of Selling you are best fitted for.

The opportunity that the N. S. T. A. offers you may be your *one* chance to earn the biggest money of your life, as it has been for hundreds of others. But whatever you do, don't pass it by without getting the facts.

Facts that Will Amaze You —Sent FREE

Mail the coupon below. This will not cost you a penny—it places you under no obligation. It simply means that you will receive, entirely FREE, a wonderful, illustrated Book "Modern Salesmanship" and Proof that you can be a Master Salesman. You will receive, also, the personal stories of men throughout the country who to-day are enjoying magnificent success and earning five, ten and fifteen times as much money as ever before.

Send NOW—this minute may be the turning-point in your life. Address,

National Salesmen's Training Association

Dept. 28-S **Chicago, Ill.**

National Salesmen's Training Association
Dept. 28-S, Chicago, Ill.

I simply want to see the facts. Send me FREE your Book "Modern Salesmanship" and Proof that I can become a Master Salesman. Also tell how you can help me to a position and send list of lines with openings for Salesmen.

Name.....

Address.....

City.....State.....

Age.....Occupation.....

A practical system of constructive thinking that brings business and personal achievement.

"Why do so many men never amount to anything? Because they don't think."
—Edison.

MARK TWAIN once said that the average man didn't make much use of his head except for the purpose of keeping his necktie from slipping off.

And Prof. William James claimed that the average man uses only about a *tenth* part of his brain.

And Thomas Edison states emphatically that most men never amount to much because they don't *think*.

How about you? Are you using *your* head simply as a scarf-retainer? Are you using only 10% of *your* brain? Are you sitting, discouraged and discontented, at the foot of the ladder simply because you don't *think?*

It will pay you to find out.

Mind is the measure of every man. *Mental* power—not *physical* power—wins business battles and builds bank accounts.

The man with *brains* to sell fixes his own price, but the man who brings only *brawn* to market must be satisfied with the lowest wage that brute force brings.

In every age, in every clime and in every field of human endeavor the *trained thinker* wins where the *thoughtless toiler* fails.

Twain, James, Edison, Roosevelt, Rockefeller, Schwab, Carnegie, Woolworth, Wanamaker, Morgan, Hill, Harriman, Ford, Marconi, the Wright brothers and all other successful men reached their goals not because they knew how to use their *muscles* but because they knew how to use their *minds*. Does anybody doubt this? Isn't it admitted by all? Doesn't every one with "brains enough to grease a gimlet" *know* that it's true?

Only One Road to Success

Yes, indeed, there is only *one* road that leads to success and that is the *mental* road. If you expect to accomplish anything worth while by any other method than the *development* and *use* of your mental faculties, you are simply deceiving yourself. And the biggest fool in the world is the man who fools himself.

A recent magazine article states that intelligence tests in this country disclose the deplorable fact that 83% of the people are morons. You won't find the word "moron" in many dictionaries. It means a person with the mental development of a normal fourteen-year-old child.

Is it any wonder why so few people achieve any considerable success in life, when such an enormous percentage of them are so lacking in mental power? Such people have no more chance in competition with trained minds than a midget has to lick Jack Dempsey.

And isn't it simply absurd, when you stop to think about it, that most people are striving for success and yet they are doing absolutely nothing to strengthen and develop their *minds*, which is the *only* part of them with which they can ever hope to win success.

The principal reason that the trained *thinker* gets ahead is because he has so little competition.

The *unthinking* toiler works hard for small pay because almost anyone can do his work.

What are *you* doing—as the days go by—to develop *your* mind? Are you more efficient mentally than you were a month ago—or a year ago. If not, you are standing still. You haven't even started on the road that leads to *bigger* and *better* living.

Missing Success By a Hair's Breadth

The difference between *success* and *failure* is often but the breadth of a hair.

The man who is making *twice* as much as you are has nowhere near *twice* the intellectual ability. The man who enjoys an income of $10,000 a year is not *five* times the mental superior of the man who receives only $2,000.

Get this FREE BOOK

If You Are Interested in Learning

How to think like an arrow.
How to compel attention.
How to master important problems.
How to overcome fear and worry.
How to "tune up" your mental motor.
How to develop new methods.
How to originate new ideas.
How to learn quickly and easily.
How to attract valuable friends.
How to have more time for play..
How to out-think the average man.
How to make your mind a mental mazda.
How to stop thinking in circles.

Thousands upon thousands of earnest, aspiring men are *almost* successful. But in this connection a miss is as *bad* as a mile.

With just a little more *mental* force—with a slightly better trained *mind*—with a little clearer knowledge of *right* thinking—hundreds of men who are now struggling along in the Poor-Pay Army—footsore and weary—would immediately find themselves equipped to command from *two* to *ten* times their present incomes.

Probably the man who makes $1,000 a month is only 10% to 20% better trained mentally than the man who is trying to make both ends meet on $100 a month. This is a *fact*. And it should be a most *encouraging* fact to every man who wants to *be somebody* and *get somewhere*.

The greatest thinkers the world has ever known have hardly more than scratched the surface of their latent mental powers.

Improve your mental power only 10% and you will *multiply* your earning capacity.

Get This New Book

We have just published a new book—*The Secret of Mental Power*. We will gladly send you a copy upon request, with our compliments and good wishes. And we want to state—as forcefully as we know how—that you will find it one of the most interesting and mind-spurring books you ever read.

If you had to quit work for a month in order to get and read this book, it would probably be one of the most profitable months you ever spent. But you don't have to do that. It takes but an *instant* to sign the coupon. You get the book for *nothing*. And you can read it in *twenty minutes*, as it is a small book of 32 pages and 16 illustrations.

Send for a copy of this book today. It tells about the most practical, common-sense system of constructive thinking—the easiest and quickest method of mind-building ever discovered—the secret of developing mental power in a way that is as fascinating as a game.

This book shows you the difference between *disconnected, irrational, faulty* thinking and *coordinated, normal, true* thinking.

It shows how you can tell by a man's appearance whether he is a *true* thinker or a *faulty* thinker.

It shows how a *wrong* thought produces a *wrong* action that brings a *wrong* result. And how a *right* thought brings a *right* action that can bring only a *right* result.

It shows the immediate and favorable result of *virile, constructive* thinking and the disastrous results of *flabby, impotent, haphazard* thinking.

In other words it gives you the solution of correct thought process, which is the only secret of mental power.

Now Is the Time

Send for *The Secret of Mental Power* now. Do not delay. Do not put it off. Tomorrow you may forget all about it. And the loss will be yours, not ours. For although we have printed an edition of 20,000 copies, we do not expect to have a single one left at the end of thirty days. They are going—and going *fast*. Therefore act at once, for as Sophocles so truly said, "Heaven never helps the man who will not *act*."

Don't let the fact that you can get this book easily and at no cost deter you from sending for it or cause you to make the fatal mistake of undervaluing it.

There is, of course, no way of judging in advance how immensely valuable this little book may be to you. But by waking you up mentally—by showing you how to think straight—by showing you an interesting way to build mind power—it will convincingly prove to you that it is one of the most valuable messages that ever reached your mind, and that in taking advantage of this free offer you took a wise and positive step toward greater *mental* power, which is the *only* power that brings success.

Mail the coupon *now*. Or, send a postal if you prefer.

Independent Corporation, Dept. RM-2411
15 West 37th Street New York

Free-Book Coupon

Independent Corporation
Dept. RM-2411, 15 W. 37th St., New York.

Gentlemen:—Please mail me at once—without expense or obligation of any kind—a copy of your free book, *The Secret of Mental Power*.

Name.....

Address.....

..... Physical Culture 11-22

"Thinkers act while sluggards sleep."

Save Your Hair as I Did Mine!

Every Woman Can

By Alice Wakefield

TWO years ago my hair began to fall out. This occurred right after a serious illness. From babyhood I was blessed with a wonderful head of hair—the pride of my family and the envy of my friends. And I only gave it the usual natural sanitary attention. Imagine, therefore, my state of mind when I began to realize that I was fast losing this wonderful feminine asset—for what woman does not take pride in her hair, especially if it is beautiful and abundant?

I immediately decided to visit a hair specialist and after six weeks of lotions, tonics, shampoos, electrical treatments and what not, my hair showed no improvement—on the contrary, its condition was more discouraging. I was told that my illness had probably robbed my scalp and hair roots of their vitality and what I might eventually expect was told me in the most sympathetic manner.

Here indeed was a crisis. I was beside myself with fear and worry. I, a young girl with my life before me, to have to face the loss of my hair, with perhaps baldness and the necessity of wigs, etc., added? It was unthinkable. And so, like many others, I became a slave to hair tonics and shampoos. Each new one that I read about, or that my friends recommended, I tried but with no benefit. I was bracing myself for the inevitable that my specialist had so sympathetically advised me I might expect.

And then it happened. I bless the day I picked up a copy of Physical Culture Magazine, and read that Mr. Macfadden had written a book called "*Hair Culture.*" I had always thought of Mr. Macfadden as a builder of muscles and brawn, but his natural methods struck me so forcibly that I recognized at once that here, if ever, was my chance to save my hair. Besides, before my illness, had not my wonderful hair grown that way just by natural methods and ordinary care? Well, I sent for the book and it was a revelation to me. I wish every woman in the land had one. In a very short time the dead feeling in my scalp disappeared and from then on the hair began to grow thicker and more glossy, until to-day I have back that which a specialist told me I had lost forever.

—*Alice Wakefield.*

"Only a short while ago my hair was falling out by combfuls, yet today I have fine, thick hair, with not the slightest trace of baldness or dandruff."
—Albert Woodruff.

Luxuriant Hair

Nature's Gift to all women is the crowning beauty of luxuriant hair. Millions throw away this gift because they do not know the simple, natural laws upon the observance of which a luxuriant growth depends.

No other attribute of woman's beauty is so easily cared for or responds so quickly and generously to simple treatment, yet it is amazing to learn how little really authoritative information has been written about the proper care of the hair and scalp.

The answer, perhaps, lies in the exploitation of the extravagant claims made by a certain class of hair tonics and shampoos, the kind that will have none of nature's simple laws but have delegated to themselves the supreme power of Saviour of The Hair, yet do not save. "Just rub it in or pour it on and watch the hair grow"—and yet every time you comb it, your hair tells the same old story.

Hair Culture

Bernarr Macfadden, the World's Greatest Physical Culturist, has prepared a treatise on hair culture that will be of priceless value to you. He says, "For years I have studied the subject of hair culture from every conceivable angle. I have personally investigated or have caused investigations to be made into the claims of treatments that have been advocated for the hygiene of the scalp or the preservation of the hair. As a result of this study and investigation I am convinced that there is more quackery rampant in connection with the hair and scalp care—both by the medical profession and by drug and lotion manufacturers—than there is in any other specialty ever devised for the exploitation of ailing humans.

Bernarr Macfadden's Secrets of Hair Culture

These chapter titles will give you an idea of the scope and value of this remarkable book

Bernarr Macfadden. Note his thick, luxuriant, healthy hair

- Hair as an attribute to beauty.
- Facts everyone should know about hair.
- Care of healthy hair.
- How to care for baby's scalp.
- Facts about soaps and shampoos.
- The cause of hair troubles.
- Dandruff.
- Dry Hair, Oily Hair, Split Hair.
- Falling Hair.
- Baldness.
- Gray Hair.
- Hair Dressing.
- Superfluous Hair.
- Hair Tonics.
- Eyebrows and Eyelashes.

"Several years previous to the writing of my book on *Hair Culture* my hair began to fall out at an alarming rate. I was in such a desperate frame of mind that I even bought a bottle of hair remedy that was well advertised at that time, but after one application I threw it away and began to use my intelligence to the solution of the problem. The method that I finally evolved forms the basis of this book and is gone into with painstaking detail. All the means I employed to conserve and restore my own hair are incorporated in its pages. For the proof whether or not I have been successful I need only to point to my photograph on this page and to remind the many hundreds of thousands of people who have listened to my lectures that my hair is to-day in about the same condition it was twenty years ago."

Women! Keep Your Hair Youthful

If your hair is graying prematurely you have every reason to hope that it can be stopped and that much can be done toward restoring it to its original youthful and becoming color.

If it is losing its luxuriant quality and glossy sheen the few simple rules taught by Bernarr Macfadden in his new book *Hair Culture* will enable you to bring about an almost unbelievable improvement. Why spend time and money at the hair dresser's when you can give your hair a better home treatment in only a few minutes a day by this new method? You can easily have hair that is wonderfully silky in texture and your scalp can be cleansed of every trace of dandruff or scurf.

Send No Money

If you would like to take Miss Wakefield's advice we will gladly let you examine *Hair Culture* for yourself, without obligation, and see how easily you can follow the methods that should bring new life, new lustre and luxuriance to your hair. Don't send one cent in advance—just fill in and return the coupon and the book will come to you by return mail. When the postman hands it to you, deposit only $2.00 with him. Then after you have kept *Hair Culture* for 5 days—after you have tested the methods—if you are not absolutely satisfied, return the book to us and your money will be promptly refunded. If, however, you decide to keep this remarkable book, as you surely will, there are no further payments of any kind to be made—the book becomes your property for the one sum of $2.00 which you deposited with the postman.

Macfadden Publications, Inc.
Dept. 11, 119 West 40th Street, New York City

MACFADDEN PUBLICATIONS, INC.
Dept. 11, 119 West 40th Street, New York

Without obligation on my part, please send me a copy of Bernarr Macfadden's Book, giving me all of Nature's simple methods for preserving and beautifying the hair. I will pay the postman $2.00 on arrival, but I also have the privilege of returning the book within five days if I desire and you will refund my deposit.

Name .....

Address .....

.....

"I Will Bet You $5 I Can Improve Your Memory In One Evening"

"THERE is no need for you to keep on putting slips of paper in your hat—tying strings on your fingers—or scribbling on your cuff. The fact of the matter is that you already *have* an excellent memory!

"The only trouble is that you, Fuller, are like lots of others—you have never learned how to use it. But a quarter of a million other people *have* learned how—and that's why I'm willing to bet you $5.00 that I can improve *your* memory—in one evening. Is it a go?

Mr. Matthews, our sales-manager, leaned eagerly and inquiringly toward me. I was frankly skeptical, and I suppose my face showed it, for he said,

"That's right. *Don't* believe it. Wait to be 'shown.' I was 'from Missouri' too. Is it a go?"

"Yes," I said, "I'll bet you *can't*. I've got a *terrible* memory. You've just had an illustration of the way it plays me tricks."

He had. He had hired me as a salesman for the Suntest Paint Company a month before, and on my very first trip I had made a costly error in taking an order—through forgetting one of the company's hard-and-fast rules. I hadn't *intended* to disregard it. I had just blunderingly forgotten it. To cap the climax, I had forgotten to mail one of my sales-reports from a certain town in Ohio—I had left it on the bureau in my hotel—and didn't think of it until I was on the train. So you see Mr. Matthews had good reasons for wanting my memory improved.

I hadn't much faith that anything could make my bad memory good, but I had taken his bet, and besides I felt that it was up to me to take any "medicine" that he prescribed—after my causing the company such a big loss.

I said as much to Mr. Matthews.

"Here," he said, smilingly handing me several little booklets from his desk drawer, "take these with you, Fuller, and take my word for it that you'll never forget a company rule again—or anything else that you really *want* to remember. Just read that first lesson for half-an-hour this evening, and if your memory isn't *vastly* improved when you come in tomorrow morning I'll pay you $5.00."

Well, I did as Mr. Matthews said. When I opened the first lesson booklet that evening the first things that caught my eye were some funny little pictures like these.

I didn't see what they had to do with making my memory better, but I started to read, and in a few minutes I had a wonderful revelation! I was let "in" on a big secret. Here it is.

A good memory is not a gift. Neither is a bad memory a matter of *forgetting*. Things are forgotten easily because they are not remembered right in the first place. Likewise, things are remembered easily and permanently *when they make a real impression on the brain.*

The easiest way to make impressions on the brain is through the sense of *sight*. And *pictures*, whether actually seen, or seen with the *mind's* eye—the imagination—are *most* easily remembered. Just repeating over names, numbers, or anything else is the *hardest* way to remember them, because this method does not create a vivid *impression* on the brain.

Then I began to see how the funny little pictures *would* help my memory—I began to learn to *think in easily-remembered pictures!* Before I had read a half-hour I had memorized in this way, a list of 100 words so that I could repeat them forward or backward or name the words that came before and after any word I selected, anywhere in the list.

I was thunderstruck with the ease of it! I realized that Mr. David M. Roth, the famous memory expert who prepared the course, had done me a service that would prove of inestimable value. From being a doubter I became an enthusiast—in one short half-hour—for I had actually improved my memory—and had gained the secret of banishing forgetfulness forever.

Next morning I walked into Mr. Matthews' office, laid $5.00 on his desk, and said,

"You win! Where can I get one of these Roth Memory Courses?"

"Keep the one I lent you, with my compliments," he replied, laughing at my enthusiastic expression. "I *knew* I'd have to send for another for myself after you tried it."

The rest of my story is not an unusual one among business men who have realized the value of a reliable, *trained* memory. My income today is close to $15,000 a year. When Mr. Matthews was made Vice-president a year ago I succeeded to the sales-manager's job.

In my progress I have found my improved memory to be priceless. Every necessary group of figures, every important name and face, is easily and definitely recorded in my mind, ready for instant use. And of course I can never be thankful enough to Mr. Matthews for betting that he could improve my memory in one evening.

What a Few of the 300,000 Users Say

I have examined and used the Roth Memory Course and I wish to tell you how pleased I am with it. I have seven systems of memory training, but the Roth course introduces a new principle which excels them all. It is as simple as it is effective.
Frank W. Collier,
The American University,
Washington, D. C.

What a great thing it would be if all business men would avail themselves of this wonderful system of memory training.
G. L. Helms,
Indianapolis, Ind.

If I had had this training in early youth it would have been worth more than an immense legacy and you may count upon my recommending it to all my friends.
Frank Fitzhigh.

SPECIAL PRICE $3
(Regular Price $5)
Others sell from $15 to $75

Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downs, of Detroit, Mich., who recently wrote:

"I can't see how you ask so little, while others with far inferior courses get from $20 to $80 for theirs"

Send No Money

You need not pay a single penny until you have examined the Roth Memory Course and found it fully lives up to all claims made for it. Send no money. Merely mail the coupon, and the complete Course will be sent to you at once, all charges prepaid. If after examination you decide that you do not want to keep the Course, then return it and you will owe nothing. On the other hand, if you find that the Roth Memory Course will do wonders for you, as it has for over a quarter million others, then merely send three dollars (the special price) in full payment. You have everything to gain and nothing to lose by taking immediate action. So mail the coupon NOW before this liberal offer is withdrawn.

Independent Corporation
Dept. R-2411, 15 West 37th St., New York

FREE EXAMINATION COUPON

Independent Corporation
Dept. R-2411, 15 West 37th St., New York

Gentlemen: Please mail me The Roth Memory Course for 5 days' free trial. If I decide to keep it I will remit $3, the Special Price. Otherwise I will return it to you. It is understood that this coupon puts me under no obligation whatsoever.

Name.....

Address.....

.....P. C. 11-22

How Disease Can Be "Aired Out" By Oxygenation

Remarkable hygienic discovery by famous Grand Opera Singer accomplishes the most amazing results in eradicating disease

Catarrh, coughs and colds dispelled in 24 hours!

Indigestion and constipation of long standing corrected, after all other methods have failed!

Nervousness, headache, brain-fag and insomnia relieved without medicine or drugs of any kind.

IT is a fact conceded by every scientific man today, that the oxygen in the air we breathe is the greatest purifying force in all Nature's domain. **Breath**, not bread, is the staff of life. It is the vital energy that animates our being; that stimulates into healthful activity every one of the billion cells that go to make up our body.

The Marvelous Curative Powers of Oxygen

For many years Medical Science has employed oxygen in the treatment of pneumonia, bronchitis, heart disease, asthma, diphtheria, acute tonsilitis and infectious diseases. We all know the magic effect of fresh air upon plants, animals and human beings alike. But it has remained for a noted opera singer, Edward Lankow, famous basso of the Chicago, Metropolitan and Boston Opera companies, to demonstrate that innumerable diseases and affections can be relieved, corrected and eradicated by a new scientific system of Oxygenation which he has discovered.

Only five minutes, night and morning, applying Mr. Lankow's simple system will so recharge and enrich your blood as it flows through the lungs, that you will be endowed with new energy and endurance; your fatigued cells and nerve fibres will be rejuvenated; healthy tissue, bone and muscle will be yours without any tiring "muscle-building" exercises, and you will rejoice in bounding physical vitality.

The Secret of a Glorious Physique

Buoyant Health Within Your Easy Reach

- How to purify the blood
- How to break up a cold
- How to relieve catarrh
- How to strengthen heart and lungs
- How to correct stomach and intestinal disorders
- How to cure headaches
- How to relieve nervousness
- How to rectify anemia
- How to stimulate the circulation
- How to improve the voice

Prominent Pupils and Advocates:

Mary Garden
D'Alvarez
Schwartz
Wm. J. Bryan
Benny Leonard
Gibbons Brothers
Johnny Kilbane

—and hundreds of doctors, lawyers and business men the country over.

Edward Lankow himself is a big, robust giant of a man, with the endurance to work 18 hours a day, and the strength of a champion wrestler. Yet he never exercises or diets; takes no medicines or drugs; wears only the lightest of clothing even in severe winter weather, and is constantly at "concert pitch." He is a veritable walking dynamo of "oxygen energy."

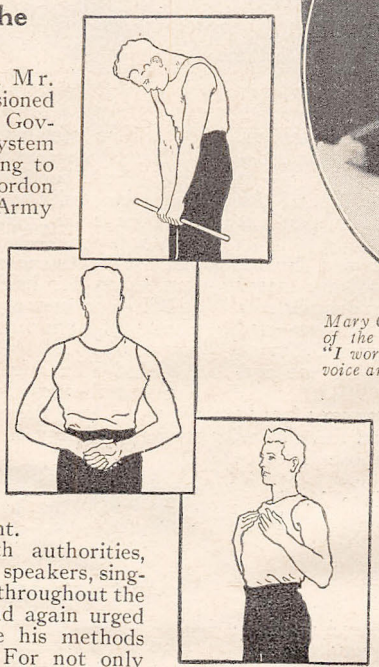
Yet Mr. Lankow was not born with this great capacity for strength and endurance. He *generated* it—through his own discoveries of the life-giving power of oxygen when drawn into the lungs in a certain scientific way. And for years he has been showing others how they, too, by a few minutes' **Controlled Breathing** night and morning can drive out disease and infection from the system and create healthy, vigorous physiques. He has taken weak, nervous, enervated men and rheumatic anemic women and transformed them into healthy, happy individuals. He has put weight on thin, emaciated invalids. And others, suffering from excess flesh and overweight, he has reduced by showing them how the deposits of adipose tissue can be oxidized and literally *burned away*.

Mr. Edward Lankow, famous basso of the Chicago, Boston and Metropolitan Opera Companies

Mary Garden, noted PRIMA DONNA of the Chicago Opera Company says: "I worked with Mr. Lankow daily. My voice and my health became better. His work is really great."

Endorsed by the U. S. A.

During the War, Mr. Lankow was commissioned by the United States Government to teach his system of Controlled Breathing to the officers at Camp Gordon and other Regular Army Camps and Cantonments—with such highly gratifying results that the Surgeon-General of the U. S. Public Health Service, Dr. Rupert Blue, endorsed his methods unequivocally. One high official recommended that his system be taught at the U. S. Military Academy at West Point.



Public men, health authorities, physicians, prominent speakers, singers and vocal teachers throughout the country have time and again urged Mr. Lankow to make his methods known to the world. For not only does Controlled Breathing purge the body of its poisons and eradicate disease, bringing greater mental clearness and physical perfection, but it gives the voice a resonance and beauty of tone, with forcefulness and depth which is the cherished aspiration of all actors, singers and orators.

The Complete Method Explained

Mr. Lankow has now set down his complete system in the form of a simple course so easy to understand and to apply that any person can master the Science of Controlled Breathing, and with five minutes night and morning attain the same glorious health and freedom from bodily ailments which hundreds of others have already enjoyed.

"The New Science of Controlled Breathing" explains the simple knacks of moving and manipulating the head, arms and torso, and of inhaling and exhaling the breath for a few moments in such a way as to fairly charge the system with new life and energy—bringing oxygen to purify the blood, renewing the cells and tissues, and building wonderful bodily strength and vigor. Catarrh can be banished; colds and coughs cured in a few hours; nervousness, headache, nausea, brain-fag and insomnia relieved in an amazingly short time; rheumatism alleviated; heart disease corrected; the complexion cleared and the voice improved in tonal quality—in short, your whole system will respond to the energizing action of Nature's precious gift of oxygen, when breathed into the lungs in accordance with Edward Lankow's simple methods.

And soon Controlled Breathing will become a habit with you. All the time, even during sleep, your system will be absorbing unconsciously the maximum amount of "oxygen energy" ith every breath. Permanent health and prolonged life will be yours as in no other way could be possible. For ordinary breathing, "deep breaths," and even the greatest wealth of "fresh air" can never supply your body with the amount of oxygen which Edward Lankow's scientific system of Controlled Breathing will bring you.

Liberal Approval Offer

If you will simply fill out and mail the attached coupon, Edward Lankow's complete method will come to you without delay. When the postman hands it to you, pay him only $1.97 (plus a few cents postage) and the course is yours—no further payments of any kind. If you should decide not to keep this remarkable course, you are free to return it at our expense and your $1.97 will be immediately refunded. Send no money now; just mail the coupon today.

The Thompson-Barlow Company
Dept. 511, 43 West 16th St., New York City

THE THOMPSON-BARLOW COMPANY,
Dept. 511, 43 West 16th St., New York City.

Please send me "The New Science of Controlled Breathing"—containing Edward Lankow's complete method for eradicating disease and building new strength and vitality through "oxygen energy." When the package arrives, I will pay the postman $1.97 (plus a few cents postage) in full payment. If for any reason I am not fully satisfied with the results, I will return the course at your expense and my $1.97 will be promptly refunded.

Name.....

Address.....

.....

How I Turned Work into Play at $200.00 a Week

The Amazing Story of a Bookkeeper Who Without Any Previous Experience Learned the One Great Secret of Drawing in His Spare Time and Cashed in on it

By David Beach

I developed an original style of my own

"and—Four times my former salary, and my own boss, all for a few hours delightful study!"

A man was talking to his companion in the seat behind me on my homebound train. The cheerful enthusiasm of the voice sounded vaguely familiar. I turned to see who the speaker might be. To my surprise I recognized him as Bob Enright, an old friend, whom I had not seen since we were junior clerks together at Sims, Foreman & Co.

"What is it all about, Bob?" I asked, as soon as greetings were over, "what is this wonderful job of yours? Tell me about it."

Bob laughed. "You'll be surprised when I tell you, Dave—I am an artist! Not another Rembrandt, perhaps—"

"Artist?"—I interrupted. "What do you mean?"

"Just that—A-R-T-I-S-T—I do some of the stuff you see in the Sunday newspaper magazine sections."

"But, what the dickens, Bob—when did you learn how to do it!—What have you been doing—studying abroad?"

"Not a bit of it—learned right here in U. S. A., at my own fireside. It took me only about an hour and a half to learn the whole secret. Why I drew 'first blood' three weeks after I started, and landed this position last June, just four months later!—But, listen, if you're interested, I'll tell you all about it; what do you say to lunch on Thursday? Can you make it?"

I decided that I could and met him accordingly. Bob started bubbling over the minute we were seated.

A Luncheon Talk That Changed My Whole Life

In view of his own remarkable success, his enthusiasm was excusable. He told me how Charles Lederer, the famous artist and cartoonist, had drawn upon his thirty years of experience and constructed a home-study art course along lines never before attempted. Working on a new idea, Mr. Lederer had condensed the whole field of commercial art into thirty fascinating lessons. He had boiled the whole system of training down to one great principle. And so simple was it, so logically arranged, that anyone, whether he had had previous experience or not, could not fail to progress easily and rapidly.

Bob insisted that if I liked to draw at all, the very best thing I could do was to get this wonderful course and give it a trial. He pointed out that bookkeeping led to nowhere (I knew this). He told me about the amazing opportunities in commercial art. He told me about the hundreds of high-salaried positions vacant for lack of trained men. He spoke of the wonderful fascination of the business, the short hours, the delight of creating—And, finally, he wound up with a recommendation to start right away "knocking 'em dead."

I thought it all over. No doubt about it—I *was* dissatisfied.—And I had always wished that I could draw. My boyhood ambition had been to be a funny paper artist.

But, it all seemed so impossible—artists were born, not made—and I couldn't draw. However, Bob had done it, and—well, I couldn't lose anything, and the long and short of it was that I sent for Bob's course.

A Knock-Out Surprise

Of course, I was skeptical when I received the little package of which Bob had spoken so highly. But my "doubting Thomas" attitude changed before I had spent an hour with it.

Bob had not exaggerated, I found the "One great secret" that he had talked about, and mastered it in just one hour and ten minutes by the clock. That *same evening* I sketched some little pictures—and they were *good*.

My delight and astonishment knew no bounds. Every evening I kept at it. Although I never put in more than a couple of hours a day, I soon found that drawing could be taught as easily as typewriting or shorthand work.

The fashion angle appealed to me the most. I specialized on that, and a month later I collected some of what I considered my best work, took a day off from the office and started to look for a job.

Bob gave me the names of several firms, and a letter of introduction. *The second place I called at hired me on the spot at $45 a week!* Think of it, and I was only a beginner!

At Last—Real Money for Real Work

From that day on my progress has been steady and rapid. I am now head of the art department of one of the best known of the fashion magazines in the South. Every day the one big rule that I learned in that first hour holds good. It is the basis of my entire success.

Through Mr. Lederer's amazing system, drawing can be taught as easily as anything else. And the best part of it all is, that the course teaches you to draw so that you can *sell* your pictures right from the start. That is really the most important part after all. Everyone wants to sell his work and this is just what you can do, with Mr. Lederer's great secret.

Don't misunderstand, I am not praising myself. The point is this,—if I, who never was able to draw at all, could achieve this really remarkable success, others can do the same, or better—and my salary is about $10,000 a year.

But see for yourself—send for the course and try it out. If you can draw at all you will probably get along even faster than I. Remember that opportunities in this uncrowded field are unlimited. There is a constantly growing demand for cartoonists and illustrators. Don't miss this wonderful opportunity to fit yourself in your spare time for the best paying and most fascinating profession in the world. DAVID BEACH.

SPECIAL PRICE $3
(Regular Price $5.00)

Others Sell For
$15 to $75

Act quickly as this special opportunity may be open for only a short time. Many purchasers have written letters similar to Robert P. Downs of Detroit, Mich., who recently wrote: "I can't see how you ask so little, while others with far inferior courses get from $20 to $60 for theirs."

Mr. Charles Lederer, the well-known newspaper cartoonist, after years of practical working experience, has developed one great simple rule for success in all branches of commercial art. This amazing secret has revolutionized the entire theory of drawing. It means that drawing can be as easy for you as writing. Out of his many years of work-a-day experience Mr. Lederer offers the One Big Secret of Drawing to all.

Send No Money

So confident is the Independent Corporation, the publishers of the Lederer Drawing, Art and Cartooning Course, that you will find the Course indispensable that they are willing to send it on free examination.

Don't send any money. Merely mail the coupon or write a letter, and the complete course will be sent, all charges prepaid, at once, so that you may take advantage of the special price and save $2. If you are not entirely satisfied, send it back any time within five days after you receive it and you will owe nothing.

On the other hand, if you are as pleased as are the thousands of other men and women who have used the course, send only $3 in full payment. You take no risk and you have everything to gain, so mail the coupon now before this remarkable offer is withdrawn. **Independent Corporation, Dept. D-2411, 15 West 37th Street, New York.**

FREE EXAMINATION COUPON

Independent Corporation
Dept. D-2411, 15 West 37th St., New York

Gentlemen:—Please mail me the Drawing Art, Cartooning Course for 5 days' free trial. If I decide to keep it I will remit $3, the Special Price. Otherwise I will return it to you. It is understood that this coupon puts me under no obligation whatsoever.

Name.....

Address.....

P. C. 11-22

The Greatest Compliment A Woman Can Receive—

"You are truly charming"

Do you remember, in Barrie's play, "What Every Woman Knows" when Maggie Wylie's brother asked, with some concern, why she had never married, she answered that it was because *she lacked charm?*

And when pressed to explain what this thing called charm might be, replied that while she could not tell what it is, if a girl has it she needs nothing else and if she does not have it, nothing in the world can take its place.

* * * * *

A charming woman is always beautiful because charm is the true inner beauty of womanhood. Unlike purely physical beauty it comes from the heart, the mind, the soul. It lies in personality.

It radiates from her in waves like the potent electric impulses of radio.

It bathes all who come in contact with her in the soft warmth of its delightful influence.

She is admired of women and beloved of men.

Mere physical beauty dies with advancing years. Charm lives on and on.

A woman who has charm at twenty is charming at ninety—admired—loved—sought after because she is still beautiful.

Physical Beauty is bestowed by fortune upon the very few but the seed of charm is planted in every woman's soul.

She can cultivate it into a wonderful, perfect thing or—she can let it die.

MAY BECK, Ziegfeld Follies
Photo Edward Thayer, Monroe, N.Y.

Beautiful Womanhood is the magazine of womanly personality. It is devoted to womanhood, her self expression, her individuality, her self development, her personal problems. It offers you the finest, rarest thing in all the world—friendship, honest, candid, unbiased—that under all conditions remains the same, unchanging and unchanged.

Read the contents of the November issue and see why the Women of America value Beautiful Womanhood above any other magazine

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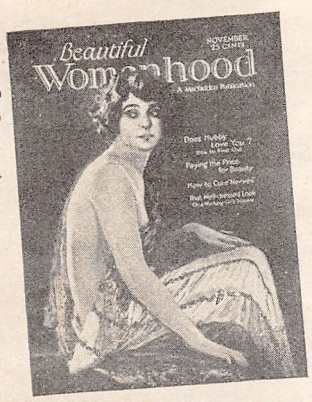
per copy

At the News Stands



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MACFADDEN PUBLICATIONS, Inc.
113-119 West 40th Street, New York City

Enclosed find $3.00 for which please enter my name as a subscriber to "Beautiful Womanhood" for the balance of this year and all of next. This special offer includes September, October, November, December 1922, and all of 1923 at a saving of $1.00.

NAME . . . . . .

ADDRESS . . . . . .

Beautiful Womanhood

Published By

Macfadden Publications, Inc.
113-119 West 40th Street
New York City

An Amazingly Simple Secret That Makes Every Voice Perfect

A pleasing voice is the birthright of every man and woman. Imperfect and defective voices are the result of improper control. The secret of developing voice control in the truly scientific way is the grand accomplishment of Prof. Eugene Feuchtinger.

THE world estimates your worth largely on the first impression. If a voice is unconvincing and wavering, its owner is adjudged unimportant and lacking in character. If it is harsh and rasping, he is considered tiresome and disagreeable.

Many failures in all walks of life can be traced directly to the handicap of an imperfect voice and the resulting wrong impressions.

You may acquire a powerful, commanding voice which will be one of the greatest business assets you can have.

On the other hand, remarkable success has come to others—the direct result of the perfect voice. Riches and fame come to the man whose voice proclaims a steadfast power and assurance. The destinies of nations have been moulded by the power of speech.

Sarah Bernhardt's Secret

Consider such a success as Sarah Bernhardt, the most famous actress France has ever produced. Blasé indeed is the man or woman who can sit dry-eyed through Mme. Bernhardt's performance of Camille.

What is it that has enabled her to gain such a remarkable hold on an English-speaking public? How is it that great crowds who cannot understand a word of French throng the theaters whenever she appears?

The secret is her wonderful voice. Rich, powerful and resonant, its very sound has stirred the hearts of a million people. Perfect control of every tone that expresses human emotion has made Mme. Bernhardt the wonderful artist she is.

A clear, resonant tone produces an instant impression of power. First impressions are lasting—if people put you down as unimportant at first meeting, they will be inclined to hold that opinion always.

Personality is largely a matter of voice quality—and personality is now acknowledged as one of the greatest success factors in modern life.

Why Don't You Have a Perfect Voice?

Whether you use your voice for singing or speaking, or whether you use it only in the everyday course of your social and business life, you cannot afford the constant handicap of a voice of inferior quality and power.

In the United States there are millions of persons who possess imperfect and defective voices. Scarcely anyone knows *how to control the vocal organs which govern the voice.* Unless you know the fundamental principles which underlie this mechanical control, you cannot hope to attain a perfect voice.

You Can—If You Will

But a perfect voice *can* be yours. Eugene Feuchtinger, A. M., the famous voice culturist, has proven that *any* voice may be made perfect. No matter if your voice is weak, harsh, wavering, nasal, droning, stammering, stuttering or lisping—this amazing new method will improve it in a surprisingly short time. This system has received the endorsement of European opera stars, public speakers and men and women in every walk of life.

Nothing can convince others more strongly than a clear, resonant voice. Any man who expects to speak in public should take advantage of this remarkable offer.

Here is just one of the hundreds of grateful letters that have been received from students:

Pitttsburgh, Pa.

My Dear Professor Feuchtinger: I want to write you a line to tell you of the wonderful benefit I have received from your method of voice production after only a few lessons.

I had previously been engaged in church and light opera work but after a time was forced to discontinue because my vocal training had been inadequate. I was quite discouraged until I began to study with you. Now I am delighted with my daily improvement, for your method is precisely what you claim—infallible. No fault can escape your notice and all vocal defects are corrected by your ability.

I am preparing to take up professional work again in a very short time and feel that the strength and brilliancy which my voice is acquiring will help me to attain the goal of success for which we are all striving.

In conclusion let me say that I have studied under some of the celebrated teachers of New York, but their methods did not help materially, for unlike your method they were not based upon actual science.

Believe, your grateful pupil always,

SAMUEL HARDEN CHURCH, JR.

A beautiful singing voice can be yours through this marvelous, new method of voice culture.

Read again this wonderful evidence of Professor Feuchtinger's splendid accomplishments. Which is the most wonderful? To develop a voice where none existed before? Or to reclaim a voice that has been lost?

Eugene Feuchtinger's success has been equally great in both directions.

And now his skill and kindly interest are placed at your disposal.

Send for FREE Book Explaining Method

The most remarkable book ever published on Voice culture. Explains and illustrates the physiology of the Vocal Mechanism. Demonstrates the vital importance of the Hyo-Glossus Muscle, the foundation of Professor Feuchtinger's discovery. Tells about the wonderful Feuchtinger method of silent exercises which you can practice in your own home. The Professor will gladly mail you a copy if you send the coupon below. Write at once for your free copy.

Perfect Voice Institute

1922 Sunnyside Ave., Studio 5728 Chicago, Ill.

Perfect Voice Institute,
1922 Sunnyside Ave., Studio 5728 Chicago, Ill.

Please send me without cost or obligation, your free illustrated book — "Enter Your World," and facts about the amazing new Feuchtinger method. I have put X opposite the subject which interests me most.

☐ Singing ☐ Stammering
☐ Speaking ☐ Weak Voice

Name _____

Address _____

City _____ State _____

DO YOU STUTTER, STAMMER OR LISP?

No longer is there any need of suffering from the disadvantages and embarrassment of a defective voice. Stuttering, stammering and lisping can be banished forever by this remarkable new method. If you have any defect of speech you owe it to yourself to take advantage of this opportunity to correct it. Neglect is almost criminal when there is such an easy and simple way to obtain a perfect voice. Write Prof. Feuchtinger today.

Startling Discoveries About Our Stomachs

Don't Give Up When Your Stomach Gives Out! Here's a Way to Banish Stomach Troubles in 48 Hours

By David Brown

THE other day, our neighbors, a family of six, had dinner. That night five of them, fell sick. Next morning three were dead and another on the verge of death. "Ptomaine Poisoning," some of the doctors called it, while others claimed it was acute indigestion. But the tragic results were the same, and the cause can be directly traced to the wrong combination of foods. You cannot blame one particular article of food for this disaster any more than you can blame dynamite alone for blowing up a ship. It takes a match to explode dynamite. It takes one food to make another explode or decay.

Only yesterday a very good friend of mine took lunch with his partner. Three hours later he was rushed to the hospital, where his life was saved only through the quick work of his physicians. He had developed indigestion as a result of improper combination of food he had eaten for lunch.

These cases happen frequently and often end tragically. Yet despite the publicity they receive in newspapers, people still continue to stuff their stomachs with foods that create violent reactions and poison their systems. Thousands of people continue to eat foods that ruin their stomachs, shatter their nerves and wreck their bodies. Most people never give a thought to the food they eat. And only when they develop serious stomach trouble do they choose their food with some care.

Dangers Arising from Stomach Trouble

If you persist in stuffing your stomach with wrong combinations of food you will surely injure it—perhaps severely. And there lies the great danger. Stomach trouble causes over 90% of all diseases. As a weak, imperfect stomach cannot digest the food you eat and often causes serious trouble. Soon the liver, kidneys and other organs become affected. Most cases of tuberculosis develop as a result of weak stomachs. The same is true of rheumatism, and a great many nervous disorders.

It is a crime to eat foods whose action you do not fully understand. If more people realized that foods are nothing more than chemicals, they would be more careful of their choice. When you stop to consider that one of the deadliest explosives—gun cotton—consists only of cellulose and acid, you will realize the great danger of severe explosions within your stomach, when two or more complex foods are combined with the many gastric juices or acids. Even ordinary toast contains cellulose. And salt consists of sodium and chlorine, which when split apart become corrosive poisons. In fact, chlorine was the most deadly gas used during the World War.

The stomach secretes many acids like Hydrochloric acid, Nitric acid and others which are constantly at work breaking up food into tiny digestible particles. These acids, working on certain combinations of foods, produce solid substances—hard as rocks; others give off poisonous gases that gradually eat out the lining of the stomach. Very often this injury to the stomach is only slight, so we do not notice it. But if continued, the condition becomes aggravated and chronic. Then it may be too late. Cancer, the deadliest disease, is the result of improper combination of food.

Amazing Discoveries About Foods

The importance of proper food combinations or corrective eating was forcibly brought out by Eugene Christian, the famous food specialist, who is said to have treated over 24,000 people with foods alone.

Eugene Christian says, "What we take into our stomachs today, we are tomorrow." Food is the source of all power, yet not one person in a hundred knows the chemistry of foods as related to the chemistry of the body. The result is we are a nation of "stomach sufferers."

Christian has proved that to eat good, simple, nourishing food is not necessarily to eat correctly. In the first place, many of the foods which we have come to regard as good are in reality about the worst things we can eat, while others that we regard as harmful have the most food value.

But perhaps the greatest harm which comes from eating blindly is the fact that very often two perfectly good foods, when eaten at the same meal, form a chemical reaction in the stomach and literally explode, liberating dangerous poisons which are absorbed by the blood and circulate throughout the system, forming the root of all, or nearly all, sickness, the first indications of which are acidity, fermentation, gas, constipation, and many other sympathetic ills leading to the most serious consequences.

And yet just as wrong food selections and combinations will destroy our health and efficiency, so will the right foods quickly create and maintain bodily vigor and mental energy. In my talk with Eugene Christian, he told me of some of his experiences in the treatment of diseases thru food—just a few instances out of the more than 23,000 cases he has on record.

Correct Eating for Success

One case which interested me greatly was that of a young business man whose efficiency had been practically wrecked through Stomach acidity, fermentation and constipation, resulting in physical sluggishness, which was naturally reflected in his ability to use his mind. He was twenty pounds underweight when he first went to see Christian and so nervous he couldn't sleep. Stomach and intestinal gases were so severe that they caused irregular heart action and often fits of great mental depression. As Christian describes it, he was not 50 percent efficient, either mentally or physically. Yet in 24 hours, by following Christian's suggestions as to food, his constipation was relieved, although he had formerly been in the habit of taking large daily doses of a strong cathartic. In five weeks every abnormal symptom had disappeared—his weight increased 6 lbs. In addition to this, he acquired a store of physical and mental energy so great in comparison with his former self as to almost belie the fact that it was the same man.

Mr. E. H. Liesemen of Oakville writes, "I have been in hospitals, have consulted many doctors and all were puzzled with my condition. One said I had a serious ulcer, another claimed I had chronic appendicitis, and still another insisted I had enlargement of the bladder. But all this disappeared as soon as I began following your suggestions. I would not part with this wonderful new method for its weight in gold!"

And Mr. Wm. Jeffries of Eureka, Calif., writes, "For thirty years I suffered from indigestion, gastritis and constipation. But only ten days use of your wonderful methods have done me more good than thirty years of doctoring—and some of the doctors I engaged were the very best to be had. Your new method is the best way to keep healthy and strong."

Thousands of cases just like this were cured by proper combination of foods. Christian has helped many people to gain weight or to reduce weight. His simple rules of diet have cured thousands of cases of rheumatism, acid stomach, lumbago, and many even more serious afflictions.

Christian's Discovery Now Available For All

These instances of the efficacy of right eating I have simply chosen at random from perhaps a dozen Eugene Christian told me of, every one of which was fully as interesting, and they applied to as many different ailments. Surely this man Christian is doing a great work.

There have been so many inquiries from all parts of the United States from people seeking the benefit of Eugene Christian's advice and whose cases he is unable to handle personally, that he has written a course of little lessons which tells you exactly what to eat in order to overcome the ailment which is troubling you.

These lessons, there are 24 of them, contain actual menus for breakfast, luncheon, and dinner, curative as well as corrective, covering all conditions of health and sickness, including stomach acidity, constipation, and all intestinal disorders from infancy to old age and all occupations, climates, and seasons. They also tell you how to reduce and how to gain.

With these lessons at hand it is just as though you were in personal contact with the great food specialist, because every possible point is so thoroughly covered and clearly explained that you can scarcely think of a question which isn't answered. You can start eating the very things that will remove the causes of your disorder the day you receive the lessons and you will find that you secure results with the first meal. Many people who have suffered for years from stomach trouble find that their ailment vanishes completely in 48 hours.

If you would like to examine these 24 Little Lessons in Corrective Eating, simply write The Corrective Eating Society, Inc., Dept. 2711, 47 West 16th Street, New York City. It is not necessary to enclose any money with your request. Merely ask them to send the lessons to you with the understanding that you will pay the postman $1.97 (plus a few cents postage). If you prefer, you may remit with the coupon, but this is not necessary. If you don't notice a great improvement within 10 days after starting, send the 24 lessons back and your money will be promptly refunded.

If you prefer to send a letter instead of the coupon just copy the wording of the coupon in a letter or on postcard.

CORRECTIVE EATING SOCIETY, Dept. 2711
47 West 16th St., New York City

You may send me Eugene Christian's Course in Corrective Eating in 24 lessons. I will pay the postman only $1.97 (plus postage) on arrival. If I am not satisfied with it, I have the privilege of returning it to you after a ten-day trial. It is, of course, understood that you are to refund my money if I return the course.

Name.....

Address.....

City.....State.....

Price outside U. S. $2.15, cash with order.

How any girl can win the man she loves —

Not one girl in a hundred knows the real secrets that make men fall in love. Yet, once she learns them, any girl—no matter how neglected or unnoticed—*can change her whole life*, have good times and compel attention and love

FEW girls realize their power over men. Still fewer know how to use their power. Even the beautiful, accomplished social favorite is scarcely one-tenth as popular as she could be, if her undeveloped powers were understood and used.

Most girls do not even suspect that there are certain subtle methods of winning admiration and love which, when properly used, *always* bring the desired results. Without this knowledge they cannot hope to become sought after and popular. But *with* it—regardless of everything else—they can hold the wires to a battery of personal magnetism which no man can resist.

Have you ever tried to find out definitely the little secrets that make a woman lovable in the eyes of every man? Do you know what it is that makes a man love a girl so that no other woman, regardless of her beauty, charm or wealth, can even hope to win him away? Do you know what it is that sets one girl apart from the rest as the one to be fought for—the girl to be won at any cost?

Hidden Charm Revealed

Today thousands of girls go on, leading drab, uninteresting lives, when they could just as easily be the center of a charmed circle of devoted admirers. They marry the first man who speaks, because they are afraid there will never be another chance.

Why do they do it? Why are these girls content with the homage of one man, when they have the privilege of selecting one from a vast number? Why are they satisfied with only an occasional invitation, when they could be *always* in demand?

The truth is that they have not learned the little secrets that make women fascinating, attractive and irresistible—secrets which now can easily and quickly be learned by any girl.

The power to draw people to you is in you—it is in every woman. It needs only to be cultivated and displayed to the best advantage. Knowing this, are you willing to let yourself drift along aimlessly?—to be content with meagre popularity and finally take the beggar's choice of one or two men?

No girl with a spark of pride ought to be satisfied with leaving her power unknown, throwing her life's happiness to the mercies of accident or luck. Knowledge should replace accident, intelligence should replace instinct, and development of hidden charm should replace chance and fate.

Definite Knowledge

Is there anything immodest, indelicate in living life to the fullest? Is there anything wrong in revealing your own true, natural, beautiful self? Is it wrong to cultivate the charm that was given you as a birthright? The shame—the wrong—is in *refusing* and *neglecting* to do so.

Bringing out the best that is in you is really the insurance of a happy life. And who doesn't want to be happy? When you have developed your hidden charm, when you have given people delightful little glimpses of your personality, they will be naturally drawn to you. You will gain a wonderful new confidence in yourself. You learn to completely, fascinatingly *emphasize* your newly-found bewitching qualities, so that success in winning hearts comes just as easily as failure came before.

You will draw around you, as if by an invisible net, friends, admirers, lovers. Your life will be filled with pleasure, laughter, happiness, romance. There will be at your command men eager to serve, ready and willing to fulfill your whims and desires. Yours will be the privilege of selecting an escort, of conferring gracious little favors.

These wonderful secrets will actually make you irresistible. You will be astonished at your sudden, new popularity. Little things about you that have repelled men are made to disappear at once. You reveal a thousand enticements—bring into action a veritable host of dainty charms and graces before which men are only too happy to yield.

The Art of Attracting Men

To enable you to develop your latent charm and to realize the happiness that is the birthright of every woman, a delightful little course of eight books entitled, "The Art of Attracting Men," has been published.

These books will be a revelation to you. They reveal all the secrets that were known to all the famous women of history, the delicate, subtle little things that have made womanhood so interesting. They show you, in the most complete and thorough manner, those acts, which when put to use, will enchant your friends and draw a circle of admirers about you.

This course will teach you all the little tactics that will give you the power to make men like you and to be the ruler of your little kingdom. These secrets, which have always been so desirable, can now be yours—for a trifle—for a little more than the trouble of asking.

"The Art of Attracting Men," points out, in no uncertain terms, how the errors of the present day may be avoided. It tells how the real attractiveness of genuine womanhood may be cultivated and expressed. It shows you how to reveal your divine privilege of womanhood to the best advantage. It is a work that any mother would be glad to place in the hands of her daughter. There is nothing offensive, nothing sexual about it. It is written in the most delicate and refined way.

Send No Money

If you want happiness and a full life, cut out and send the coupon below and this delightful course will be sent to you for three days' examination. When the postman delivers the books to you, deposit with him the small sum of $3.00 (plus postage) and the course will be yours. Read it, study it, enjoy it, practice it for three days. If, at the end of that time you are not more than pleased, simply return the books to us and your money will be refunded instantly. We are sure, however, that you will find these books so practical and so helpful, so full of pleasant surprises that you will not even think of giving them up. You need not send one penny—just the coupon. But mail it today.

PSYCHOLOGY PRESS,
6362 Delmar Blvd., University City, St. Louis, Mo.

PSYCHOLOGY PRESS,
6362 Delmar Blvd, University City, St. Louis, Mo.

Without money in advance and on approval, you may send me in private, plain wrapper, your course on "The Art of Attracting Men," in eight books. I will pay the postman $3.00 in full payment (plus few cents postage) on arrival. Although I am benefiting by this Special Price, I retain the privilege of returning the course within 3 days after I receive it and you will return my money immediately if I am not pleased and delighted.

Name.....

Street.....

City..... State.....

(If apt to be out when postman calls, send $3.00 with this coupon, subject to same privileges). Price, outside U. S., $3.25 cash with order.

NERVE EXHAUSTION

How We Become Shell-Shocked in Every-Day Life

By PAUL von BOECKMANN

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology, Sexual Science and Nerve Culture

THERE is but one malady more terrible than Nerve Exhaustion, and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL; no other word can express it. At first, the victim is afraid he will die, and as it grips him deeper, he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

Nerve Exhaustion means Nerve Bankruptcy. The wonderful organ we term the Nervous System consists of countless millions of cells. These cells are reservoirs which store a mysterious energy we term Nerve Force. The amount stored represents our Nerve Capital. Every organ works with all its might to keep the supply of Nerve Force in these cells at a high level, for Life itself depends more upon Nerve Force than on the food we eat or even the air we breathe.

If we unduly tax the nerves through overwork, worry, excitement, or grief, or if we subject the muscular system to excessive strain, we consume more Nerve Force than the organs produce, and the natural result must be Nerve Exhaustion.

Nerve Exhaustion is not a malady that comes suddenly. It may be years in developing and the decline is accompanied by unmistakable symptoms which, unfortunately, cannot readily be recognized. The average person thinks that when his hands do not tremble and his muscles do not twitch, he cannot possibly be nervous. This is a dangerous assumption, for people with hands as solid as a rock and who appear to be in perfect health may be dangerously near Nerve Collapse.

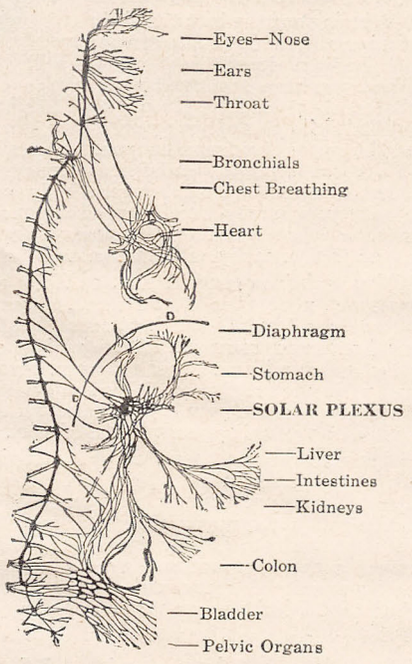
One of the first symptoms of Nerve Exhaustion is the derangement of the Sympathetic Nervous System, the nerve branch which governs the vital organs (see diagram). In other words, the vital organs become sluggish because of insufficient supply of Nerve Energy. This is manifested by a cycle of weaknesses and disturbances in digestion; constipation, poor blood circulation and general muscular lassitude usually being the first to be noticed.

I have for more than thirty years studied the health problem from every angle. My investigations and deductions always brought me back to the immutable truth that Nerve Derangement and Nerve Weakness is the basic cause of nearly every bodily ailment, pain or disorder. I agree with the noted British authority on the nerves, Alfred T. Schofield, M.D., the author of numerous works on the subject, who says: "It is my belief that the greatest single factor in the maintenance of health is that the nerves be in order."

The great war has taught us how frail the nervous system is and how sensitive it is to strain, especially mental and emotional strain. Shell Shock, it was proved, does not injure the nerve fibres in themselves. The effect is entirely mental. Thousands lost their reason thereby, over 135 cases from New York alone being in asylums for the insane. Many more thousands became nervous wrecks. The strongest men became paralyzed so that they could not stand, eat or even speak. One-third of all the hospital cases were "nerve cases," all due to excessive strain of the Sympathetic Nervous System.

The mile-a-minute life of today, with its worry, hurry, grief and mental tension is exactly the same as Shell Shock, except that the shock is less forcible, but more prolonged, and in the end just as disastrous. Our crowded insane asylums bear witness to the truth of this statement. Nine people out of ten you meet have "frazzled nerves."

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you; that every organ is perfect. But you know there is something the matter. You feel it, and you act it. You are tired, dizzy, cannot sleep, cannot digest your food, and you have pains here and there. You are told you are "run down" and need a rest. Or the doctor may give you a tonic. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.



The Sympathetic Nervous System

Showing how Every Vital Organ is governed by the Nervous System, and how the Solar Plexus, commonly known as the Abdominal brain, is the Great Central Station for the distribution of Nerve Force.

Our Health, Happiness and Success in life demands that we face these facts understandingly. I have written a 64-page book on this subject which teaches how to protect the nerves from everyday Shell Shock. It teaches how to soothe, calm and care for the nerves; how to nourish them through proper breathing and other means. The cost of the book is only 25 cents. Remit in coin or stamps. See address at the bottom of page. If the book does not meet your fullest expectations, your money will be refunded, plus your outlay of postage.

The book, "Nerve Force," solves the problem for you and will enable you to diagnose your troubles understandingly. The facts presented will prove a revelation to you, and the advice given will be of incalculable value to you.

You should send for this book today. It is for you, whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living, for to be dull nerved means to be dull brained, insensible to the higher phases of life—love, moral courage, ambition and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves. The book is especially important to those who have "high strung" nerves and those who must tax their nerves to the limit.

The following are extracts from letters from people who have read the book and were greatly benefited by the teachings set forth therein:

"I have gained 12 pounds since reading your book, and I feel so energetic. I had about given up hope of ever finding the cause of my low weight."

"I have been treated by a number of nerve specialists, and have traveled from country to country in an endeavor to restore my nerves to normal. Your little book has done more for me than all the other methods combined."

"Your book did more for me for indigestion than two courses in dieting."

"My heart is now regular again and my nerves are fine. I thought I had heart trouble, but it was simply a case of abused nerves. I have reread your book at least ten times."

A woman writes: "Your book has helped my nerves wonderfully. I am sleeping so well and in the morning I feel so rested."

"The advice given in your book on relaxation and calming of nerves has cleared my brain. Before I was half dizzy all the time."

A physician says: "Your book shows you have scientific and profound knowledge of the nerves and nervous people. I am recommending your book to my patients."

A prominent lawyer in Ansonia, Conn., says: "Your book saved me from a nervous collapse, such as I had three years ago. I now sleep soundly and am gaining weight. I can again do a real day's work."

The Prevention of Colds

Of the various books, pamphlets and treatises which I have written on the subject of health and efficiency, none has attracted more favorable comment than my sixteen-page booklet entitled, "The Prevention of Colds."

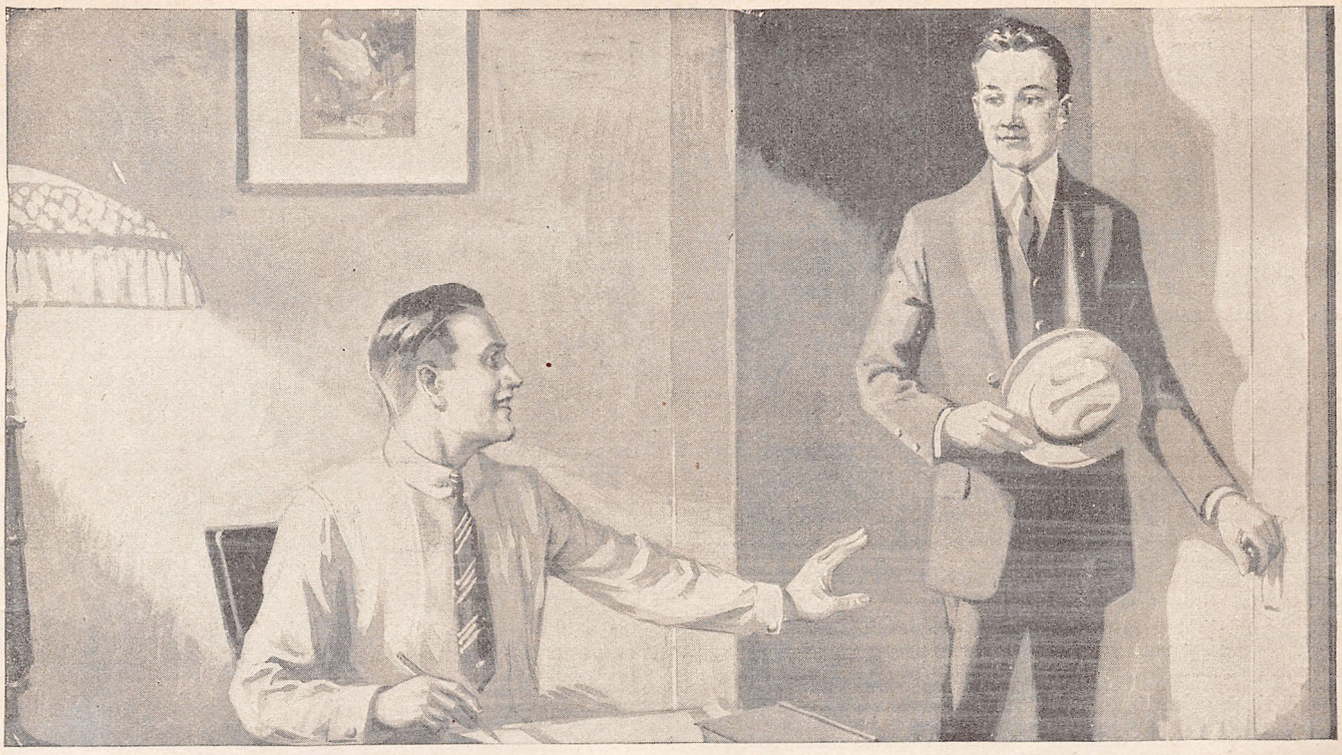
There is no human being absolutely immune to Colds. However, people who breathe correctly and deeply are not easily susceptible to Colds. This is clearly explained in my book NERVE FORCE. Other important factors, nevertheless, play an important part in the prevention of Colds—factors that concern the matter of ventilation, clothing, humidity, temperature, etc. These factors are fully discussed in the booklet Prevention of Colds.

No ailment is of greater danger than an "ordinary cold," as it may lead to Influenza, Grippe, Pneumonia or Tuberculosis. More deaths resulted during the recent "Flu" epidemic than were killed during the entire war, over 6,000,000 people dying in India alone.

A copy of the booklet Prevention of Colds will be sent *Free* upon receipt of 25c with the book Nerve Force. You will agree that this alone is worth many times the price asked for both books. Address:

PAUL von BOECKMANN

Studio 19, 110 West 40th St., New York



"I'm After That Raise in Pay!"

"A few years from now I want to be making at least five thousand a year—that's why I'm spending two or three evenings a week here at home. I'm tired of being a business nobody, Jack, and I've made up my mind to stick to this game until I put it over big."

Real stuff in that young man—and the wonderful thing about it is that it's a mighty *interesting* game he's playing.

Have you ever tackled a good old-fashioned puzzle and got thoroughly absorbed in it? Then you'll understand why so many men become enthusiastic about the LaSalle Problem Method of acquiring specialized business training.

You see, by the Problem Method you don't just *read* how to do a thing, you *do* it. You are shown the *principles* that govern a situation; then under the direction of some of the ablest business men in their respective fields you work out *everyday business problems*—just the problems you will meet on the bigger job.

That kind of training, you'll agree, is *practical.* It explains why during only three months' time 1,089 LaSalle members reported salary increases totaling $889,713—*an average increase per man of 56 per cent.*

What will *you* be doing with *your* spare time in the coming months? First thing to do, we should say, would be to *get the facts about LaSalle training.*

The coupon below will bring them to you without obligation, together with details of our convenient-payment plan; also your copy of "Ten Years' Promotion in One," a book that has proved the inspiration of thousands of ambitious men. "Get this book," said a prominent Chicago executive, "even if you have to pay five dollars for it." We will send it *free.*

A stroke or two of the pencil, a letter dropped in the mail-box, and you have made your start on the road to bigger things. Make that start TODAY.

LASALLE EXTENSION UNIVERSITY

The Largest Business Training Institution in the World

INQUIRY COUPON

LA SALLE EXTENSION UNIVERSITY Dept. 11308-R CHICAGO, ILLINOIS

Please send me catalog and full information regarding the course and service I have marked with an X below. Also a copy of your book, "Ten Years' Promotion in One," all without obligation to me.

☐ **Business Management:** Training for Official, Managerial, Sales and Executive positions.

☐ **Modern Salesmanship:** Training for Sales and Advertising Executives, Solicitors, Sales Promotion Managers, Salesmen, Manufacturers' Agents and all those engaged in retail, wholesale or specialty selling.

☐ **Higher Accountancy:** Training for position as Auditor, Comptroller, Certified Public Accountant, Cost Accountant, etc.

☐ **Traffic Management—Foreign and Domestic:** Training for positions as Railroad or Industrial Traffic Manager, etc.

☐ **Law:** Training for Bar; LL.B. Degree.

☐ **Railway Accounting and Station Management:** Training for Railway Auditors, Comptrollers, Accountants, Clerks, Station Agents, Members of Railway and Public Utilities Commissions, etc.

☐ **Industrial Management Efficiency:** For Executives, Managers, Office and Shop Employes and those desiring practical training in industrial management principles and practice.

☐ **Commercial Law:** Reading, Reference and Consultation Service for Business Men.

☐ **Modern Business Correspondence and Practice:** Training for Sales and Collection Correspondents; Sales Promotion Managers; Credit and Office Managers; Correspondence Supervisors, Secretaries, etc.

☐ **Modern Foremanship and Production Methods:** Training in the direction and handling of industrial forces—for Executives, Managers, Superintendents, Contractors, Foremen, Sub-foremen, etc.

☐ **Banking and Finance:** Training for executive positions in Banks and Financial Institutions.

☐ **Personnel and Employment Management:** Training for Employers, Employment Managers, Executives, Industrial Engineers.

☐ **C. P. A. Coaching for Advanced Accountants**

☐ **Expert Bookkeeping**

☐ **Business English:** Training for Business Correspondents and Copy Writers.

☐ **Commercial Spanish:** Training for positions as Foreign Correspondent with Spanish speaking countries.

☐ **Effective Speaking**

Name..... Present Position..... Address.....

Would YOU Be Satisfied to Lose a Pound a Day?

Thousands of people have lost 10 pounds, 20 pounds, 30 pounds and more—depending on the extent of their overweight—through wonderful, new, pleasant method. No starving, drugs, exercise, massage, salt baths or anything discomforting. Sent on 10 days' trial to prove that YOU, too, can quickly reduce to normal weight.

ALMOST like magic this new method brings a slender, graceful, supple figure and gives the most wonderful benefits in health. Weakness, nervousness, indigestion, shortness of breath, as well as many long-standing organic troubles are banished. Eyes become brighter, steps more elastic, and skins smooth, clear, and radiant.

"For three years," writes Mr. E. A. Kettel, well known New York newspaper man—"I had weighed 168 pounds. I went to a gymnasium and exercised for a month to reduce weight. At the end of the month I had added four more pounds. Then I heard of and sent for your method. That was my lucky day. I found your instructions easy and your menus delightful. I lost 28 pounds in thirty days—eight pounds the first week. My general health has greatly benefited and I have not had one of my former sick headaches since losing my extra flesh."

Lose As Much Weight As You Wish

The rate at which you lose your surplus flesh is always under your personal control. You can so regulate this new found method that you can reach your ideal weight in a definite time. You can take off as much or little fat as you please and when you have reached your normal weight you can retain it without gaining or losing one single pound.

Miss Kathleen Mullane, stage beauty and famous artist's model, whom a well known artist called "a most perfect example of American womanhood," writes: "In just three weeks I reduced 20 pounds—just what I wanted to—through your remarkable new way to reduce. And without one bit of discomfort. I think it is perfectly remarkable."

Some people report that they have reduced at the rate of ten pounds a week. Others apply this new method so that they reach their ideal weight in a month's time.

"I reduced from 175 pounds to 153 pounds (his normal weight) in just two weeks (22 pounds in 14 days). Before I started I was flabby and sick, had headaches all the time. I feel wonderful now." This extract is from a letter written by Mr. Ben Naddle, a New York business man, with offices at 102 Fulton St.

E. A. Kettel, prominent New York Newspaper Man who lost 28 pounds in 30 days—8 pounds the very first week.

Taking off excess weight by this easy, quick method brings the most wonderful benefits in health. In fact, scientists have been searching for this very secret of weight control for years. It is not a fad, or theory. It is not an expensive "treatment," or a series of self-sacrifices and denials. It is just a simple little natural law that anyone can follow with ease.

"I am glad I tried your way of reducing weight," writes one delighted woman from Montana. "I lost fifty pounds and feel so much better."

Here's the Secret of This Amazing Method

Science has known for a long time that there is a natural law which governs weight. But it had been baffled in its research to discover this vital "law of food." It remained for Eugene Christian, the eminent food specialist, to discover the one safe, certain and easily followed method of regaining normal, healthful weight. Through his research he found that certain foods when eaten together take off weight. Certain combinations cause fat; others consume fat. For instance, if you eat certain foods at the same meal they are converted into excess fat. You may eat those very same foods at different meals and they will be converted into blood and muscle instead of fat. Then the excess fat you have is used up in energy. All there is to the method is simply learning how to combine your food properly, and this is very easily accomplished.

With this method you can eat many delicious foods you may now be denying yourself. For just as soon as you know how to arrange your food combinations these delicacies can no longer be fattening to you.

Mr. Clyde Tapp of Poole, Kentucky, who lost 60 pounds through knowing how to combine his food, writes: "Thousands of dollars would not represent the value of the knowledge I gained as to this healthful, pleasant way of losing weight."

10 Days' Trial—Send No Money

Eugene Christian has incorporated his remarkable secret of food combinations into a complete course called "Weight Control—the Basis of Health." And to enable you to profit by his valuable discovery, he offers to send you his complete course on trial, if you will simply sign and return the coupon.

Just mail the coupon. It isn't necessary to send any money. It will be accepted as worth $1.03 on the purchase of this course, for which others have gladly paid $3.00. When your postman hands you the course, simply deposit with him only $1.97, plus the few cents postage, and the course is yours. There will be no further payments at any time. But if you are not thoroughly pleased after your ten days' test of this method you may return the course and your deposit will be refunded instantly. (If more convenient you may remit $1.97 with the coupon, but this is not necessary.)

Our liberal guarantee protects you. Either you will experience such a wonderful reduction in weight and such a remarkable gain in health that you wish to continue this simple, easy, delightful method, or else you return the course and your ten-day test of this method will cost you nothing.

Don't delay. This special price may soon be withdrawn. If you act at once you gain a valuable secret of health, beauty and normal weight that will be of priceless value to you throughout your life. Mail the coupon NOW. If you prefer, you may copy wording of coupon in a letter or on post card.

Use the Coupon and SAVE $1.03

This remarkable new method of reducing weight has been sent to Thousands of Men and Women

They gladly paid $3.00 for it and many write that the improvement in their appearance and health was worth hundreds of dollars to them. It is truly a "Thousand Dollar Secret." But for a limited time you are being given the opportunity to purchase this remarkable method at $1.97.

Mrs. R. B. Diehl a popular young woman of Danville, Pa., with a wide circle of acquaintances in Danville, Pittsburg and Philadelphia. Her quick attainment of an ideal weight and perfect health through Eugene Christian's method has been the means of causing many others of her friends to follow her example.

"At the time your books came," writes Mrs. Diehl, "I tipped the scales at 167 pounds. After the first week had passed I hopped on the scales again and found I had lost 4 pounds. The wonderful success I had met with combined with the satisfying food combinations, made it no effort to continue the method. In fact, it was very interesting and then I felt so good both physically and mentally. To have accomplished what I desired *so easily* was most gratifying.

I was subjected to violent sick headaches very often but since using your method I have not had one. I told many people what your course had done for me. I loaned some of them my books and in almost every case they were so grateful with a short trial that they immediately purchased a copy of them from you.

Anyone desiring to reduce can do so. No one need be overweight now. I have lost 26 pounds. I now weigh 141 pounds, my normal weight, and there I am going to stay for I now have the secret, thanks to the science of "Weight Control."

Corrective Eating Society, Inc.
Dept. W-2711
47 West 16th Street, New York City

THIS COUPON IS WORTH $1.03 TO YOU

CORRECTIVE EATING SOCIETY, Dept. W-2711
47 West 16th St., New York City

Without money in advance you may send me in plain wrapper Eugene Christian's Course on "Weight Control—the Basis of Health." You are to accept this coupon as worth $1.03 (ONE DOLLAR AND THREE CENTS) on my purchase of this course. Therefore, when the course arrives, I will pay the postman only $1.97 (plus few cents postage) in full payment and there are to be no further payments at any time. Although I am benefiting by this special reduced price, I retain the privilege of returning this course within 10 days, and having my $1.97 refunded if I am not delighted with the results. I am to be the sole judge.

Name.....
(Please write plainly)

Street.....

City.....State.....

(Price outside U. S., $2.15 cash with order.)

Little problems of conduct are constantly arising—and if we are not prepared to meet them we become embarrassed, ill at ease.

How Should She Introduce Him to Her Friends?

She is walking in the street with a young man and she meets two women of her acquaintance with whom she stops to chat. How should she make introductions? Should she say, "Miss Blank, may I present Mr. Johns"? or "Mr. Johns, may I present Miss Blank"? Should she mention the names of both women together—or make two individual introductions?

RECENTLY, a young man who prided himself upon knowing exactly what to do and say on all occasions encountered at a dance a young woman he had met only once before. He wanted to greet her, to step forward and offer his hand—but he wondered whether or not it was correct for him to do so. While he hesitated, she glanced up and quickly glanced away again, not knowing whether the first sign of recognition should come from him or from her. Both were embarrassed—yet both could have been entirely at ease and well-poised had they known the correct and dignified thing to do.

Which *is* correct—do you know? After an introduction should the man give the first intimation of recognition, or the woman? If a man or woman are introduced for the second time, should the man say, "I have already had the pleasure of meeting Miss Blank," or should the woman say, "Mr. Johns and I have already been introduced"?

Other Problems of Conduct

It is not only in the matter of introductions that one confronts problems of conduct. Every day people judge us by what we do and say. They carry away with them an impression of us as ill-bred or well-bred. Sometimes it is a mistaken impression; because of little unsuspected blunders, we are misjudged, underestimated.

Every one knows that table manners reveal breeding. The well-bred person knows exactly how to use his napkin and finger-bowl; how to eat lettuce and celery; how to use his knife and fork in the correct way. He knows that olives are taken with the fingers, and that only one hand at a time is dipped lightly into the finger-bowl. He knows how to address servants, how to create conversation at the table, how to be an ideal guest and an ideal host.

How easily table manners betray one's breeding! What mistakes can you find in the picture above?

Do you know how to arrange the table for a formal dinner? On which side are the knives placed; on which side the forks? Is it correct to cut a roll, or should it be broken with the fingers? What is the correct way to eat corn on the cob? asparagus? artichokes?

The matter of dress is often confusing. What should the man wear to a formal afternoon affair? What should he wear to an informal dinner? What is the correct dress for a garden party, both for the man and the woman? What should the very tall woman wear? the very short woman? the stout woman? What should the woman who marries for the second time wear? What is the correct attire for bridesmaids?

We could go on endlessly, listing question after question, pointing out to you the many embarrassing blunders that can be made by those who are not well versed in the rules of etiquette. But you yourself know the value of good manners. You yourself know the importance of doing and saying the right thing at the right time. What we do want to tell you about is the famous Book of Etiquette—considered by thousands the most authoritative and exhaustive work on the subject of good manners on the market today.

The dance is ended and he is escorting her across the floor to her seat. What mistake is he making?

The Book of Etiquette

Into two attractive volumes have been incorporated all the most approved and authentic rules of good conduct and correct form. From every book on etiquette ever written, from all sources of authoritative information, have been culled the recognized rules of conduct which have come down to us through centuries of cultured living in the best circles of England and America.

To these have been added the newer rules of good conduct—the most fashionable phases of etiquette. Automobile etiquette, hotel etiquette for the woman, travel etiquette. Nothing has been omitted, nothing forgotten. The Book of Etiquette has been made encyclopedic in scope, and has been written in an interesting manner to insure pleasant reading throughout.

Many authorities recognize the Book of Etiquette as the most complete and authoritative work of its kind available today. You are not only told what to do, but *why* you do it. For instance, you are not only told how rice and shoes are thrown after the bride, but why they are. All the old and fascinating traditions concerning wedding rings, gay colors at the dance, bridal veils, showers to engaged girls, even why children have godparents, are explained. Not only will you be able to refer to the Book of Etiquette whenever you are puzzled regarding some question of conduct, but you will be able to spend many hours reading the interesting chapters.

Sent Free for 5 Days' Examination

Wouldn't you like to see this famous Book of Etiquette? Wouldn't you like to examine it for yourself, read some of the chapters, glance at the interesting photographs? We will be glad to send you the complete two-volume set entirely free for 5 days, without any obligation whatever.

Just mail the coupon below. We will send you the Book of Etiquette at once. Keep it for 5 days. Read the chapter on "The Bride's Outfit"; the chapter on "Correspondence"; the most fascinating chapter on "Games and Sports." See for yourself how complete and exhaustive this work is—how it will point out to you the intangible possession that gives poise, self-confidence, dignity, charm.

Within the 5-day free period you may decide whether you want to keep the splendid set or not. You have the guaranteed privilege of returning the books without cost or obligation if you are not delighted with them. If you decide to keep the books, simply send us $3.50 in full payment—and they are yours.

Don't miss this opportunity to examine the famous Book of Etiquette free. Mail this coupon now, *today*, while you are thinking of it. Nelson Doubleday, Inc., Dept. 811, Garden City, N. Y.

NELSON DOUBLEDAY, INC., Dept. 811
Garden City, N. Y.

I accept your free examination offer. You may send me the two-volume set of the Book of Etiquette free for 5 days' examination. Within the 5 days I will either return the books or send you $3.50 in full payment. This does not obligate me to keep the books if I am not delighted with them.

NAME.....

ADDRESS.....

☐ Check this square if you want these books with the beautiful full-leather binding at five dollars with 5 days' examination privilege.

(Orders outside of U. S. are payable $3.50, cash with order.)

Mistakes in Writing and Speaking Made Every Day

Thousands of men and women make mistakes in their everyday English—and don't know it. The simple five-minute test shown here will tell you where you stand.

IT is astonishing how many persons make mistakes in the most elementary English. Even experienced stenographers misspell such common words as abbreviate, judgment, trespass, courageous, etc. It is surprising how often business men will use "I" for "me," "shall" for "will," "might" for "may," "much" for "many." It is astonishing how many do not know when to use "ie" or "ei" or how many "c's," "d's" or "r's" to use in certain words.

One would think that in everyday English, in which complex phrases and complicated expressions are avoided, very few mistakes would be made. Exactly the opposite is true! The fact is, the largest number of errors occur in the use of the most common, most ordinary words and phrases. Actual tests show that the average man or woman is only 61% efficient in the common points of correct English.

Where Do You Stand?

In the panel are forty examples of the most commonly misspelled, mispronounced, and misused words selected from business letters and ordinary conversations. None is especially tricky. They are just ordinary words, used hundreds upon hundreds of times a day.

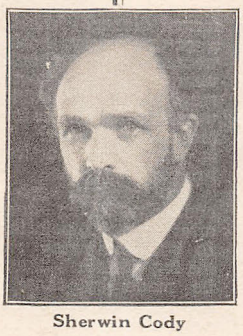
Take a pencil, run through the list of examples, checking those you think correct. In two instances neither example is right, and you will write in the correct answer. Most men and women will make from 10 to 20 mistakes. Those especially good will make no more than 5 errors. See where YOU stand. Let the entire family join in this test. The correct answers appear in the lower panel on this page.

Poor English is a Handicap

People make mistakes in English unconsciously, for if they knew they were making mistakes, they would correct them instantly. You realize, of course, that imperfect English is an unnecessary handicap, that it limits your opportunities and thwarts your ambitions. It leads others (possibly the very persons you want to think most favorably of you) to believe you have been poorly educated, and that you lack refinement and culture.

To achieve your ambitions, it is essential that you use good English as instinctively as you tie your shoes. Business today demands men and women who can use correct, concise, forceful language. Polite society demands good education, good breeding, good culture, demonstrated by the use of correct, interesting, and convincing language.

Your ability, your culture, your education are measured by your English. Nothing else reveals you more clearly. Few things can have so great an influence on your career. If your language does not make people think the best of you at all times, then it must be improved, so that they *will* be impressed.



Sherwin Cody

Stop Making Embarrassing Mistakes

The greatest blame for our imperfect knowledge of English can be laid to the old method of teaching as practised in the schools and colleges. This consisted, in effect, in throwing a book of rules at you and saying, "This is the way to learn English."

It is exactly as though you were given a set of tools without lumber and told to build a house. Or as if you were given a needle without thread and told to sew a piece of embroidery. It cannot be done! That is why the old method failed in so many cases to give even a fair command of language. That is why so many men and women are shockingly lacking in the knowledge of the most simple English. IT IS IMPOSSIBLE TO LEARN ENGLISH BY RULES ALONE!

If you adhere to this clumsy, cart-before-the-horse way, you will always be deficient in English. If you burden yourself with a set of bewildering rules and regulations, you will always have to wonder whether you are right, and you will never be sure of yourself.

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Please send me your new Free Book "How to Speak and Write Masterly English."

Name .....

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Which Is Correct?

Correct answers shown in panel below

1. Would You Write—

Between you and I	or	Between you and ME
I HOPE it would come	or	I WISH it would come
WHO shall I call	or	WHOM shall I call
It's just AS I said	or	It's just LIKE I said
How MANY are there	or	How MUCH are there
I WOULD like to hear from you	or	I SHOULD like to hear from you
The FIRST TWO lessons	or	The TWO FIRST lessons
He sat AMONG the three	or	He sat BETWEEN the three
The wind blows COLD	or	The wind blows COLDLY
You will FIND ONLY one	or	You will ONLY FIND one

2. Do You Spell—

superCede	or	superSede
recElve	or	recIEve
reprEIve	or	reprIEve
donkEYS	or	donkIES
factorIES	or	factorYS
repEtition	or	repItition
sepArate	or	sepErate
aCoMmodate	or	ACCoModate
traffiCing	or	traffiCKing
aCSeSsible	or	acceSible

3. When Would You Use—

COM-bat	and	com-BAT
REC-ord	and	re-CORD
CON-flict	and	con-FLICT
AT-tri-bute	and	at-TRIB-ute
PROG-ress	and	pro-GRESS
PER-mit	and	per-MIT
AC-cent	and	ac-CENT
CON-duct	and	con-DUCT
PRO-ceeds	and	pro-CEEDS

4. How Do You Say—

evening	EV-en-ing	or EVE-ning
ascertain	AS-cer-tain	or as-CER-tain
hospitable	HOS-pi-ta-ble	or hos-PIT-able
abdomen	AB-do-men	or ab-DO-men
mayoralty	MAY-or-al-ty	or may-OR-al-ty
amenable	a-ME-na-ble	or a-MEN-able
acclimate	AC-cli-mate	or ac-CLI-mate
profound	PRO-found	or pro-FOUND
beneficiary	ben-e-fi-shEE-ary	or ben-e-FISH-ary
culinary	CUL-i-na-ry	or CU-li-nary.

These Are the Correct Answers to the Five-minute Test

Compare your answers with these

1. Between you and me
   I wish it would come
   Whom shall I call
   It's just as I said
   How many are there
   I should like to hear from you
   The first two lessons
   He sat among the three
   The wind blows cold
   You will find only one

2. supersede
   receive
   reprieve
   donkeys
   factories
   repetition
   separate
   accommodate
   trafficking
   accessible

3. Some words may be used both as nouns and verbs. Although spelled the same they are pronounced differently; the accent falling on the first syllable for the noun, and on a subsequent syllable for the verb. To illustrate: "I was asked to reCORD the RECord he made."

4. EVE-ning
   AS-cer-tain
   HOS-pi-ta-ble
   ab-DO-men
   MAY-or-al-ty
   a-ME-na-ble
   ac-CLI-mate
   pro-FOUND
   ben-e-FISH-ary
   CU-li-na-ry

PHYSICAL CULTURE

BERNARR MACFADDEN'S VIEWPOINT

Thousands of Needless Deaths

SICKNESS and death stare us in the face everywhere. Many of the people out in the streets are more than half dead. Their story is written on their faces. It is clearly indicated in their movements.

Human life is supposed to be extremely valuable, but in some way our attitude as individuals and as a nation would indicate that life is "dirt cheap."

Thousands upon thousands of people are actually dying as you read these lines; and in numerous instances their death could have been prevented, their lives could have been prolonged for many years.

In some instances life is snuffed out at the very beginning. Children die from causes that are easily preventable. They die from diseases that are easily cured.

Though all of my "kiddies" had "touches" of a number of ailments that ordinarily affect children, these diseases were never allowed to fully develop. Quick means were used for diverting them. The toxins or impurities, foreign elements which are the actual cause of these ailments, were eliminated from the system before the disease had a chance to assume serious symptoms.

If the ordinary method of cure had been adopted with my children doubtless one or more of them would have passed into the other world and all of them would have had measles, scarlet fever, diphtheria, mumps, etc., but they had none of these diseases while I was able to oversee them.

Just let me here refer to the only exception to the above statement. The experience mentioned occurred on my return home after an absence of a week. Unfortunately Mrs. Macfadden was also away at the time.

Revolutionary Methods of Treating Children

I FOUND three of my children in bed. I had not been informed of their condition before my arrival because they did not believe the children were seriously ill and they did not want to shorten our trip, which was an important one.

All three children, however, were supposed to have scarlet fever or were about to develop it.

Now, it will doubtless be of great interest to my readers to know my procedure under these circumstances. It was quite apparent that one of the children was sick with scarlet fever. She showed convincing signs of the presence of this disease.

I turned to one of the girls who was threatened with the disease and asked if she felt sick. "I do not feel sick," she replied.

"Do you feel like getting up or do you want to lie in bed," was my next question. "I want to get up," was the reply.

"Well," I said, "get up and go out into the air. Play. Do anything you want to do."

I asked the other girl similar questions and she replied the same way.

These two girls were out playing, enjoying the fresh air and sunlight as soon as they could get outside.

With the other girl, who was really ill, I used more precaution, but I told her that as long as she felt ill enough to lie in bed, she should remain there, but if at any time she felt like getting up, moving around or even going out and playing with the other girls, she could do so.

She remained in bed a short time but almost the entire afternoon of that same day she spent outdoors playing.

I fully realize that this was revolutionary advice, but from my own experience and knowledge of the physical laws I knew that the principle was right. Some might call it common sense. We must remember that science is nothing, after all, but an accumulation of facts that comes from hard-headed reasoning which is associated largely with this same common sense.

Now, if these two girls who had not yet acquired the disease and who were lying in bed awaiting its development, had been compelled to stay in bed, they would have worried themselves half to death and would have been crying a good part of the time; and if they had been fed in the usual manner, they would doubtless have acquired scarlet fever.

I might add, however, that in this instance they had fasted several days, acid fruit excepted. The one who was really ill remained out of doors a good part of the time for the next week or ten days—it was in the summer season. During all this period not a mouthful of food passed her lips. In fact, her throat was so sore she could not swallow anything but liquid. But she drank quantities of water, flavored with the juice of an orange or a lemon. In about ten days her appetite began to return and a few days thereafter she was normal. Moreover she had escaped all the dangerous symptoms that usually appear in cases of this disease, and did not have a single one of the defects that often follow this particular complaint when treated by drugging methods.

As the diseases of children come from one cause in practically every instance—defective digestion, assimilation or alimentative difficulties, similar methods can be used in nearly all their diseases.

If a child is ill, feels weak and wants to go to bed—to bed it should go. But forcing a child to stay in bed because of traditional ideas is wrong. I believe that the child's instincts under these circumstances are a far better guide than the most brilliant physician of this or any other age.

Health-Destroying Ignorance Everywhere

IGNORANCE that is health destroying, death dealing, is everywhere prevalent, and it is just as destructive to adult life as it is to child life. As we grow older, naturally we have more vitality, and we can resist adverse influences better. But the want

of true knowledge of the physical laws of life as they appertain to the building of vitality and vigor and as they apply to conditions in various diseases, is appalling.

The statement that "talk is cheap" is frequently heard. We have done a great deal of talking, but now and then we have been forced into the arena of action. Years ago the ridicule and the harsh criticism of the theories I advocated, drove me to establish a sanitarium in which I could work out my ideas. I remained here for many years. I wanted to prove the value of these natural methods, and in consequence thousands of patients were induced to try them with results that were truly extraordinary.

Our theories worked out so splendidly that even those who were engaged in handling the various cases of disease were often greatly surprised.

Now the knowledge that saved my own children has saved thousands of others who were fortunate enough to be reared in physical culture families.

The knowledge that has brought health, life and unusual physical vigor to hundreds of thousands of people who have been fortunate enough to come in contact with the principles that have been taught in this publication should be spread everywhere. Millions upon millions of people have to be satisfied with half of life and must face death prematurely simply for the need of this knowledge.

A Plan to Spread Knowledge

NOW a practical plan to spread this invaluable knowledge is being given consideration. We want to put it before every individual physical culturist in the land. Even those who have a certain amount of information on this subject are sometimes at a loss as to what to do in emergencies. Often they have to turn to medical advice for aid when what they really want is more knowledge of the simple health-building methods that can easily be applied at their own homes.

Now the plan we have in mind will be to give a sort of health and life insurance to every community. It will add to the health and life of every individual in the community. It will put an expert who understands the physical culture idea within easy reach of all those who need him.

Establish Health Director Community Service

WHAT we have in mind is to establish community service in charge of Health Directors. These Directors must be men and women who have been thoroughly educated as to the physical culture methods of building health and strength, and their time should be entirely devoted to the one object of maintaining every individual belonging to their Community Service in vigorous vital health.

PHYSICAL CULTURE could organize a school for the purpose of educating these Health Directors. No Director could be recommended to any Community unless he is passed on by officials of the school to which we refer. Many of the practitioners who are already in the field could undoubtedly qualify almost immediately for positions of this sort. And those who are able to qualify should be able to find positions very quickly. Therefore, this school will not only educate those who might be desirous of following this particular profession, but they will pass upon and give graduating certificates to those who are now practitioners or whose studies have carried them sufficiently far to enable them to immediately enter this profession.

Who Wants This Health Director Community Service?

NOW we would like to learn, as quickly as possible, how many communities would like this Health Director Community Service. The work these Directors would be prepared to do in these communities will be most important and there is not a physical culturist in the land who will not agree that a service of this character is needed everywhere throughout the country.

Each one of these Health Directors will be prepared to:

(1) Open an office in which he will have office hours once or twice daily for consultation. They should also be able to give mechanical physcultopathic stimulations.

(2) Give a weekly lecture on diet, exercise, mental attitude, etc. These lectures to be free not only to those who engage the Director but to the general public as well. Those attending these lectures being invited to join the Health Director Community Service.

(3) Keep a library of physical culture and general health books. These books to be given out, free of charge, to all members of the Community who care to read them or to those who will be advised to read them by the Health Director.

(4) Have a conference with each individual of each family who has joined the Community Service, at least once each month and extend whatever suggestions he might have that will benefit his or her health.

(5) Each family will be entitled to personal service in the form of suggestions in reference to cooking, diet, bathing, clothing, ventilation, and all other important matters pertaining to the maintenance of superior health.

(6) All the time of the Director, outside of office hours referred to, is to be devoted to the various individuals, families, etc., part of his duties being to dine with the various families at frequent intervals and to carefully look into their habits wherever desired with a view to adding suggestions for vitality and vigor building.

Now what would a service of this kind be worth to the average community or the average individual of that community? Each individual would be kept up to the mark from a health standpoint. He would be made to realize, at least once a month, when his Health Director came in contact with him, that it would be to his advantage to take certain exercises and to give certain attention to his diet and, all in all, to maintain his health at a proper status.

He would be keyed up to the particular standard of efficiency which would enable him or her to do better work in every way and to get more satisfaction and happiness out of life.

(*Continued on page 70*)

The Sun Cure

By Dr. Frank Crane

THE greatest antiseptic in the world is sunshine.

It has always been observed that those who live most in the sunshine of outdoors are healthier than those whose lives are passed in the shade.

Recent investigation by men of science has given some interesting results as to the effects of sunlight on the human body. There is quite a movement indicated by writers in medical journals for a "return to the sun."

The sun baths of the High Alps have long been in favor in Europe.

The long stretches of sunshine in California and other parts of the West have many a cure to their credit.

In England and Wales, 1921 was one of the sunniest years ever experienced, and the death rate was the lowest on record, 12.1 per 1000 population. The Registrar General of London recently published a chart comparing the sunshine and death rate of London during the past winter. In this chart he shows that as the shadow rises, that is, as the strength of the sunshine shrinks, the death rate goes up. There is about a fortnight's interval between sunshine diminution and death increase. It seems as though time was required for the germs of disease to profit by the withdrawal of their great enemy. Like all evil doers they love darkness better than light.

As sunshine decreases the temperature falls, and this lowers human resistance; that is, as the germ increases in strength, its victim loses his power of defence.

If the natural conclusion from these experiments is correct we ought to use the sun more than we do.

Our windows are too much curtained. If our furniture and carpets are such as can be ruined by sunshine we should get another kind.

As much as possible the smoke cloud should be banished from cities.

Children would be better off to play more with most of their body exposed to the sunshine. Excessive clothes have fostered many a disease.

In summer especially our houses should be flooded with sunshine, the greatest of antiseptics, and even in winter its unfiltered rays would keep down the vermin which threaten us.

Good housekeepers realize that sunshine is death to the moths, and take advantage of bright days to spread their furs and woolens where the direct rays of the sun can beat upon them. They ought also to know that this same sunshine which kills moths, kills microbes; then perhaps they would spread themselves and their families more in the sunshine.

Of all the physicians in the world none is so great and none has such power, both to stimulate health and to destroy the enemies of health, as that vast and healing lamp which the architect of the universe has hung in mid-heaven.

Photo, courtesy of Community Health Demonstration, Framingham

Framingham Children's Health Camp, a municipal institution that should be emulated the country over.

Double the Health of Your Town

You Can Make Your Community a Model of Healthful Living if You Will Follow the Example of Framingham, Mass.

By Charles Frederick Carter

ARE you developing tuberculosis or some other organic disease that, if neglected, will land you in a premature grave?

How do you know you are not?

Have you had a thorough examination within the last twelve months?

Does the community in which you live care a hang whether you are sick or well, alive or dead?

If you think it does care, can you tell how much money it is spending annually to protect your health and life, and how much your own individual contribution in the form of taxes is to this protective fund?

How much money do you consider your health worth, and what value in dollars and cents do you place on your life?

Just what would you, personally, be willing to do to prolong your sojourn in a world that, with all its faults, is probably the best world you ever lived in?

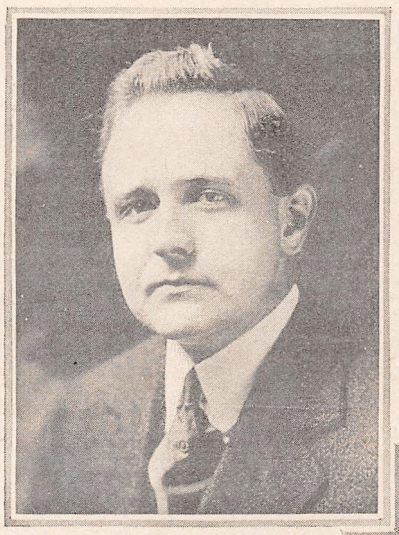
All these questions with many more of the same general character were asked, if not in those precise words, at least in effect, of the people of Framingham, a Massachusetts town of eighteen thousand inhabitants twenty-one miles west of Boston, six years ago, and they have been kept continuously before the town ever since. The answers as expressed in results achieved have been so extraordinary that you may like to hear them; for the

The Healthiest Town in the United States

JUST at present that is Framingham, Mass., but it might just as easily be your town. Framingham was selected in 1916 by the National Tuberculosis Association to demonstrate to the whole nation how systematic health building and sanitation can transform any community into a model of health. They practically fought disease out of the town. In a recent wave of influenza Framingham had not a single case reported to the health experimental station.

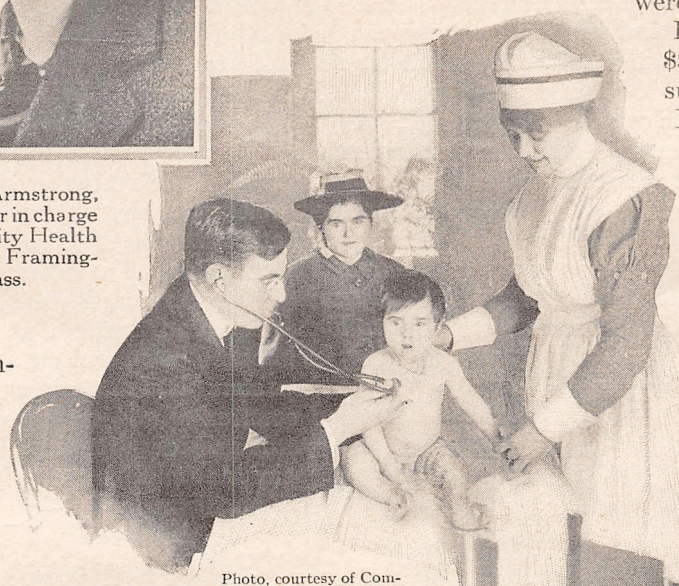
Let this town of 18,000 stand as a model for your own city. Go and see the editors of your local newspapers about a campaign for doing the same thing where you live.—The Editor.

things that the people of Framingham learned about themselves and their town can be applied with equal, or perhaps greater, advantage to yourself and your town. To be perfectly candid, the Framingham Community Health and Tuberculosis Demonstration of the National Tuberculosis Association was planned and is being carried out for the specific purpose of attracting the attention and arousing the active interest of you and your fellow citizens in the protection of your health and the promotion of longevity.



Dr. Donald B. Armstrong, Executive Officer in charge of the Community Health Demonstration, Framingham, Mass.

The first thing the people of Framingham learned about themselves was that they could buy health and prolonged life as readily as they could buy potatoes at the corner grocery. So convincing was the health demonstration that the ruling market quotation for a year's health with the prospect of postponing indefinitely the journey to the cemetery, has gone up more than four hundred per cent. That is to say, whereas the people of Framingham formerly valued their health at forty cents a head by appropriating that amount for health purposes for one year, they now set aside in private, corporate and municipal budgets two dollars and fifteen cents per capita for that purpose.



Photo, courtesy of Community Health Demonstration, Framingham

All babies in Framingham must undergo examination every week, and competent nurses from the Health Center visit baby homes for the purpose. The photograph shows a baby clinic.

Profit on the investment includes among other things a decrease in the annual average death rate from tuberculosis from 121 per 100,000 for a period of ten years prior to the beginning of the demonstration to 40 per 100,000 in 1921.

Viewed in the light of comparative statistics this Framingham health demonstration is seen as one of the most spectacular events of recent years in America. It has proved, as it was intended to prove, that there is an appalling waste of human life by permitting thousands to die every year who might be saved by simple known means at insignificant cost.

For example, take the single item of tuberculosis. According to the Census Bureau the death rate from this disease in Colorado, the Mecca of persons suffering from lung diseases, in 1919 was 215.1 per hundred thousand; in California, 175.3; in Maryland, 165.8; in Mississippi, 136; in Michigan, 85.8; in the State of Massachusetts as a whole 128; in the neighboring State of Connecticut 126.5; in New York, 140; while the average for the whole country was 125.6 deaths from tuberculosis per hundred thousand population. Compare this with the Framingham rate of 40 per hundred thousand population in 1921. Why, even Utah, which has fewer deaths from tuberculosis in proportion to population than any other State, has a rate of 44.8 deaths per hundred thousand.

But this is not the whole story. A part of the Framingham demonstration consisted in a thorough scientific investigation of mortality statistics for a number of years which established the fact that actual deaths from tuberculosis were 22 per cent greater than appeared in the records. That is, deaths ascribed to other causes were in reality due to tuberculosis.

Economists have valued a human life at $3,000. Would you sell your life for that sum? Do you know any one who would? But let's accept the figures of the economists for a moment, just to see what we can find out. We find that the human lives that might be saved each year by applying methods demonstrated at Framingham are worth $359,001,000. A fraction of that vast sum wisely invested would insure longer life, better health and consequently greater happiness and more economic independence to every American.

As a matter of fact, the Framingham demonstration grew out of just such a sordid calculation as that. It wasn't sentiment or philanthropy; just a cold-blooded matter of dollars and cents. It seems that Dr. Lee K. Frankel, (*Continued on page 66*)

American Photo Service, Inc., N. Y.

Every factory in Framingham is provided with a rest room for the workers, well ventilated, beautifully lighted, where many hours of recreation are provided with magazines and newspapers. This is a provision which not alone makes for the health of the community, but for industrial efficiency.

The Autobiography of a Prize Fighter

The Dramatic Story of a Life of Clean Living, High Thinking, Hard Working and Still Harder Fighting

As Told by Richard Barry

ILLUSTRATIONS BY RALPH NELSON

INTRODUCTION

BEFORE I begin let us understand each other. Understanding makes friends, and I would rather make a friend by explaining away prejudices than defeat an enemy.

So I wish to say, in this very beginning, that I have no defense for prize fighting. I intend merely to relate, to the humble best of my meagre ability, the true story of the life of John Aloysius McGonigle, retired and undefeated champion of the world; a man who—as I know well, the same being me—has been compelled unjustly to suffer the odium attached to his calling.

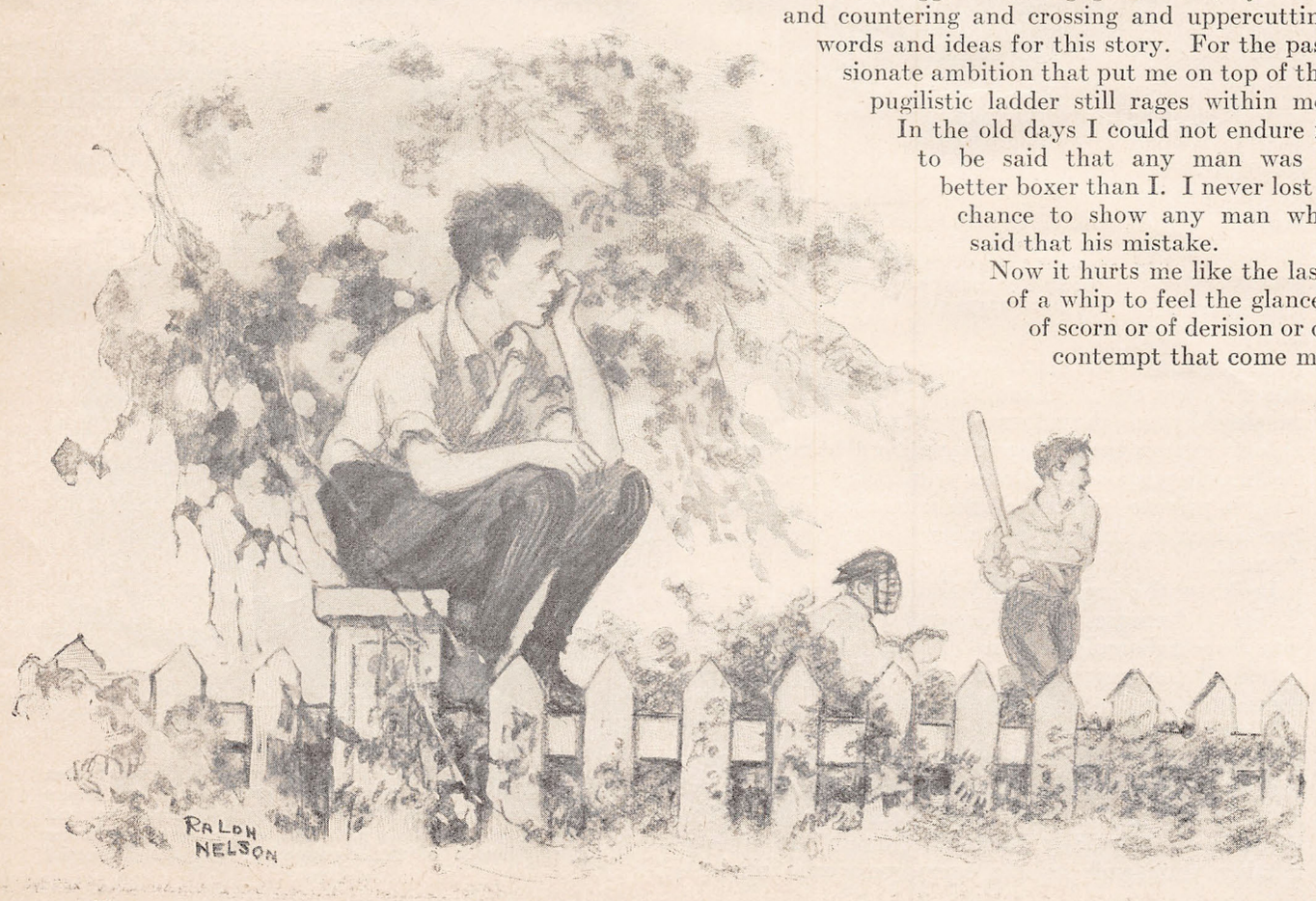
I want you to know how I went into it and how I came through it. I want you to judge for yourself whether I was honorable, or dishonorable; whether I was cruel or merciful, noble or debased; whether my life has grown better or worse than it would have been if I had never entered the prize ring; whether—in short—I am a brute or a man. Tell me, when you are through, if you will, without prejudice, whether I am one whose hand you would shake only out of curious vanity, as you might that of a notorious brigand, or one whose hand you would permit your sister to shake as gladly as she would—well, say that of a polo player.

Once I read in Walt Whitman—"Out of every success, no matter what, comes that which makes a greater struggle necessary." That is how a real writer put it. At first I thought he meant a career in the prize ring; but, lately, I have found it is just as true anywhere.

I thought, after I had retired with a fortune and an untarnished celebrity, that I would have no more struggles. Lord love you! They had just begun. I found that my mastery of men with my fists was but the beginning; a platform, as it were, from which I must step to higher conquests, or else, as in the old days in the ring, be knocked down and out.

One of these struggles I am engaged in now;—jabbing and countering and crossing and uppercutting words and ideas for this story. For the passionate ambition that put me on top of the pugilistic ladder still rages within me. In the old days I could not endure it to be said that any man was a better boxer than I. I never lost a chance to show any man who said that his mistake.

Now it hurts me like the lash of a whip to feel the glances of scorn or of derision or of contempt that come my



way. "A prize fighter!" I hear them say, behind averted faces, as I pass.

Am I so much worse than a clergyman, or a congressman or a clerk in a store? A prize fighter *may* be worse than a clerk or a congressman or a clergyman. He has many chances to hit the toboggan. I grant that. In fact, the dice of life are loaded against him.

But—is John Aloysius McGonigle worse than the Rev. Mr. Smith or than the Hon. Mr. Jones or than plain Bill Peters?

Come. We ought to be fair in the game of life. Give me an open ring, a square referee and a chance. If the decision is against me I will not make a whimper.

Thank you! I hear the gong.

CHAPTER I

I was born in Chicago, on the south side, on the edge of the grain elevators and about two miles from the stock yards. Boys like me—probably a million of them—no better, no worse, very little different, have come out of that densely settled prairie in the past generation. I started one in a million.

My father was a contractor who put up little two-story frame houses. He went to a Catholic church twice every Sunday, and had a silk hat that he wore three times a year—on the 17th of March, the 4th of July and the first Monday in September. He belonged to the I. O. O. F., the Knights' Templar and the Hibernians' Good Fellowship Society. He never voted any ticket but the Democratic and twice refused the nomination for alderman.

There were eight children, five boys and three girls; I was the eldest. Between the youngest and me there was just ten years. After I appeared they came so fast no one had time to pay a great deal of attention to me.

The Best Boy Story You Ever Read

THERE are certain things, inherent and fundamental, which express our common humanity. Among these is that peculiar appeal to be found in a revelation of boy nature, or the boy brand of human nature—if you get what we mean. If you will read the first two or three instalments of this story you will have no doubt as to what we mean. For this in the beginning is the greatest boy story that we have ever read—not merely as a matter of action, but as an exposition of boy psychology. It's rich.

Another thing we would like to whisper into your ear about this story is that no matter how you may feel about prize fighters—and we know that there are some first-class bums among them, as well as some first-class gentlemen among them—there is something that any boy, any man or any woman can learn from an autobiography of a prize fighter. This is not only an inspiring story of effort and achievement, but it is also the most stimulating kind of a lesson in the art of living, insofar as it emphasizes the factor of keeping fit, together with bodily and spiritual cleanliness, in the building of happiness and a worth while life.—The Editor.

The youngest child is always the favorite. I kept that rank ten months, but my recollection of that period of indulgence and favoritism is somewhat hazy, if not hearsay entirely.

My first scrap came when I was six years old. I am able to place it thus exactly, because I remember I was in the second grade of the Catholic parochial school, and was beginning to wish I could wear long pants.

Our house had a yard with a picket fence. Next door was a vacant lot where the boys played ball. I was too young to play and I used to sit on the fence and watch them, and dream of the time when I should grow up and be important enough to play outfield. It never occurred to me that I might be a pitcher or a catcher; I was too insignificant for that. In fact, as a kid, I did not have those dreams of greatness they tell about in boys. As I know now, from reading up-to-date books, I suffered from what is known as "the inferiority complex." I was shy and very far from certain of myself.

My greatest dream, my highest ambition, was to be a part of things; to be "in" with the others. It always seemed to me when I was young that I was left out, that nobody cared anything about me, and that if anyone would take me in—to a ball team, to the gang at school, to the family confidence, to any sort of friendship—that I would be prouder than kings. I wanted nothing big—just to be "in" on something, on anything.

They say I was sullen as a kid, and kept to myself. But they never knew what I suffered, never knew what I would have done for a kind word. If anyone in those early days had reached out and had become a real friend I would surely have remembered it to this day, and that person would now be rich.

But I had no friend; I was the singed cat of the tribe. I was alone, silent, morose, watchful. Nobody abused me, particularly, but nobody paid any attention to me.

One afternoon—this was in my sixth year—I sat on the fence watching the ball game from which I was excluded by youth, but, as I falsely thought, because nobody believed me worth considering. With particular resentment I noted that Joe Foley, barely a year older than I, and in my room at school, was up at home plate tending the bats.

I would have let them cut my arm off, and gladly, could I have tended the bats. Big Sid McGoorty was playing first base when my little brother, Art, four years old, toddled onto the field. He strayed across the foul line and up toward Sid.

I would have let them cut my arm off could I even have tended the bats.

The first baseman stopped the game for a minute while he picked Art up and carried him over by the fence where I sat. In another five minutes Art was back, trying to pick the burrs out of Sid's stockings where he had come through the nettle patch on his way to the game.

For the second time Big Sid carefully removed Art to the sidelines. Again the tike toddled out.

For the third time Big Sid growled harshly, picked Art up and shook him roughly. Art was too frightened to scream, but his eyes stuck out. Sid was not satisfied so he turned the child on his stomach across his knee, and proceeded to spank him.

Then Art found his breath and wailed lustily. The wail seemed to clutch me by the throat and something inside of me snapped. It was not just because my little brother was being whipped, either. He deserved it.

It seemed to me—of course, then I did not realize the meaning of the compelling motive, but from this distance I see it clearly, looking back—as though I now had a legitimate excuse for making my protest at the ostracism I had suffered from all the boys in the neighborhood. That they had let me alone because I was shy and a bit sullen, and didn't know how to mix with them, and was very young, to boot, did not occur to me until years afterward.

I only knew that I, who longed desperately to be a part of things, to have a hand in the game, had been kept out, and the slow resentment that had been slumbering inside of me for months, or, perhaps, longer, leaped instantly to flame. It was like touching a match to a powder barrel.

I dropped over the fence and scuttled for Big Sid, but without a word. He had released Art and had turned back toward first base when I leaped him from behind and pummeled my fists into him.

Sid was three times as old as I was, and twice as big, but, if he had been twenty times as big, I would have done the same thing. He brushed me off. I fell to the ground, scrambled to my feet and flew at him again. I was like a terrier after a mastiff.

The second time I managed to hit him in the face. He had laughed at my first attack, but the second one hurt him, so he made a swipe at me with the back of his hand, and knocked me down.

The boys were now running in from the field to see the scrap. Some of them were yelling, "pick on somebody your size, Sid." He grinned and tried to hold me at arm's length, for he was a big good-natured fellow, and hadn't a mean streak in him.

But I was savage as a Comanche. Moreover, little Art was bawling at the top of his lungs, and that increased my madness.

I don't know how many times I jumped at Sid. It must have been half a dozen. Once my finger nails scratched his face. For a long time he did no more than hold me off, panting and laughing. Then my repeated assaults angered him. Finally, the boys jeering, taunting and pelting him, biff!—he hauled off with a doubled fist, and let me have it once—once was enough—right in the jaw.

The next I remember Big Sid was carrying me into our yard. I lay like an infant in his arms and his face was troubled. My mother met him at the door and relieved him of his burden. He said he was sorry and didn't mean to do it. I snarled, peering at him with childishly sullen eyes, and panted for strength to leap at him again.

Mother bound me up with arnica, and then made me kneel beside her on the floor, and pray. She asked the Lord Jesus Christ to remove the contentious spirit from her wicked little son. After she had thus fervently applied for Divine Grace she commanded me to repeat after her the humble prayer. I protested tearfully, but—I obeyed.

As we rose from the floor I saw the peaked scared face of baby Art in the doorway and as Mother went toward him he ran. Neither then nor ever afterward did he tell what made me attack Big Sid. He knew the attitude of that household on the subject of fighting, and was saving his own skin, for fear he would be implicated. I said not a word about it, but, from that day, despised Art.

When Father came home he saw the arnica bandage on my head, and heard about the fight. After supper he took me into the woodshed, stood me up in the corner, between the sawbuck and a cord of stove-length maple, and said to me soberly.

"Now, John, am I growing ye up to be a gentleman or a tough?"

"I dunno!" was my sullen answer.

"Ye dunno whether ye're to be a tough or a gentleman, ye spalpeen!" he shouted. "Well I'll larn ye!"

Whereupon he took an old leather strap, laid me across his knee as he sat on the sawbuck and whaled me for five minutes. I could feel the blisters rising, but I ground my teeth and let forth not a sound. I could still hear those wailing cries of Art, and I despised him so I would sooner die than protest.

Finally, my quivering body must have apprised him I was near fainting, for he set me suddenly on my feet, threw away the strap and said, "Now, every time you get licked on the streets I'll lick ye like that when ye get home."

I glared sullenly, neither cowed nor broken.

"Now, are ye goin' to be a tough or a gentleman?" he demanded.

I said nothing.

He reached for the strap again, but thought better of it. Finally he turned me loose, with the parting promise, "this is what ye get when ye're licked, but, when ye lick the other fellow ye get this—twicet! I'll have no toughs nor rowdies in my family. Now mind ye that!"

CHAPTER II

I held no resentment toward Father, because instinctively I looked on him as a natural enemy and took the licking from him as one of the fortunes of war. But I let all the pent up resentment in my nature run toward Art. Again and again I restrained myself from slapping him and knocking him down, but he was not near my size and I was too proud to lay a hand on him.

Nor did I long remember Father's threat. It was no more than standing there as a sort of conventional menace like a jail or a reform school, one of the dangers to be incurred, but nothing to plant a real fear in one.

It was different with Mother's prayer. That was the thing that really got me for a while. I loved my mother. Never that I can remember has she spoken a cross word to me. She has not denied me a thing I ever asked for, if she, in any way, could grant my wish. True, I've asked for precious little, but she stands forth

Then I threw him on the ground and sat on him and rubbed sand into his hair and down his shirt.

in my memory as the one person who has never denied me anything. If it had not been for those others arriving so rapidly after me I doubt if my youth would have been as lonely as it was.

So when I went to school the next day and heard the boys taunting me for the licking I got from Big Sid, and when I felt my face flush and my hands clinch, I had only to close my eyes and recall that gentle face and that sweet prayer as it ascended over my bowed head. Then a strange calm would come to me and I could go on content with the insults, glorying in the thought that I was pleasing my mother.

I went along that way for about a year, never striking a blow, never receiving one. I guess I was the only boy in school who went that year without some kind of fight. But I did it, and I grew lonelier and more sullen as time passed. It takes a whole lot of self-control and a lot of ingenuity for a boy to pass his eighth year without a scrap, but I did it, and I was not a coward either.

Then one day Joe Cutler, who lived next door, and whose father was a real estate man, and with whose family our family was particularly chummy, slipped alongside of me after school and whispered:

"Say, Jack, the boys are going for a little fun into the sand hollow behind our house. Want to come along?"

A fierce glow of happiness came over me. It was the first time I had ever been asked to join in anything by one of the "gang." I wasn't in the ball games. When they played honcho I was left out because I never pushed my way in. I was forever waiting for someone to ask me, and nobody had ever asked me—until now.

I tried to stifle my delight as I told Joe I would go, and I failed to think ill of the fact that he promptly deserted me and rushed off with several of the boys with whom he was chummy.

Indeed, it was enough that Joe Cutler has asked me. Joe Cutler, the most popular boy in the grade! Joe Cutler, who had a pair of long pants to wear on Sunday, who owned a bicycle, and who always walked to school with Minnie Demarest, the prettiest girl in town! Sly, shrewd Joe—how I revered him in those days!

When I got into the sand hollow I found about fifteen boys gathered around two of their number who were wrestling. Finally one threw the other, and jumped up, shouting. It was Willie Breek, the blacksmith's son.

"Come!" cried Joe, brushing the sand out of Willie's clothes, "Let's have another. Who will meet William Breek, the champion of the fifth grade?"

His glance after searching the crowd stopped at me and rested there. I didn't know that Willie had thrown every boy in the crowd and that Joe had bidden them all come to see Willie throw me, that I was the enigma and butt of the school, who had repulsed the friendly advances of everyone, and that Joe had managed it so I would equip him with another triumph of management.

"Jack," called Joe, in a most friendly manner, "do you want to try your luck with Willie?"

I could have refused Joe nothing at that moment. My heart was overflowing with gratitude to him for including me in his selected list of guests at his sporting function. I mumbled that I was not much good at wrestling and didn't know how, but by that time a dozen willing hands were pushing me toward the sand pile where waited the champion of the grade.

They peeled my coat and in an instant Willie and I were at it. He threw me very quickly, pinned my shoulders in the sand and then sat on my chest. Joe laughed as if his sides would break and the crowd roared.

I rose sullen and unhappy. "Want to try again?" called Joe.

Without a word I turned and grappled Willie. This time it took him a little longer, but finally he had me down again. Again he sat on my chest and then he took my head and ground it in the sand.

He jumped off and we both stood up. A third time, without invitation this trip, we grappled. It took Willie twice as long as at first; yet again he got me down.

Now the crowd was hilarious at my constant discomfiture, and while Willie held me the boys circled round and dropped sand in my pockets, down my shirt front, down my back, into my hair.

Then Willie jumped up and off they all ran, laughing and mimicking my angry and futile gestures. I stood looking at them, disdaining to run, hurt to the core, and suffused with a slow deep anger.

The next afternoon Joe approached me, as school let out, in the same insinuating manner. I veiled my resentment and pleasantly accepted his invitation to come again to the sand hollow.

For the second day Willie threw me three times in succession, and then rubbed sand in my hair, but he did not do it as easily as he had the first day.

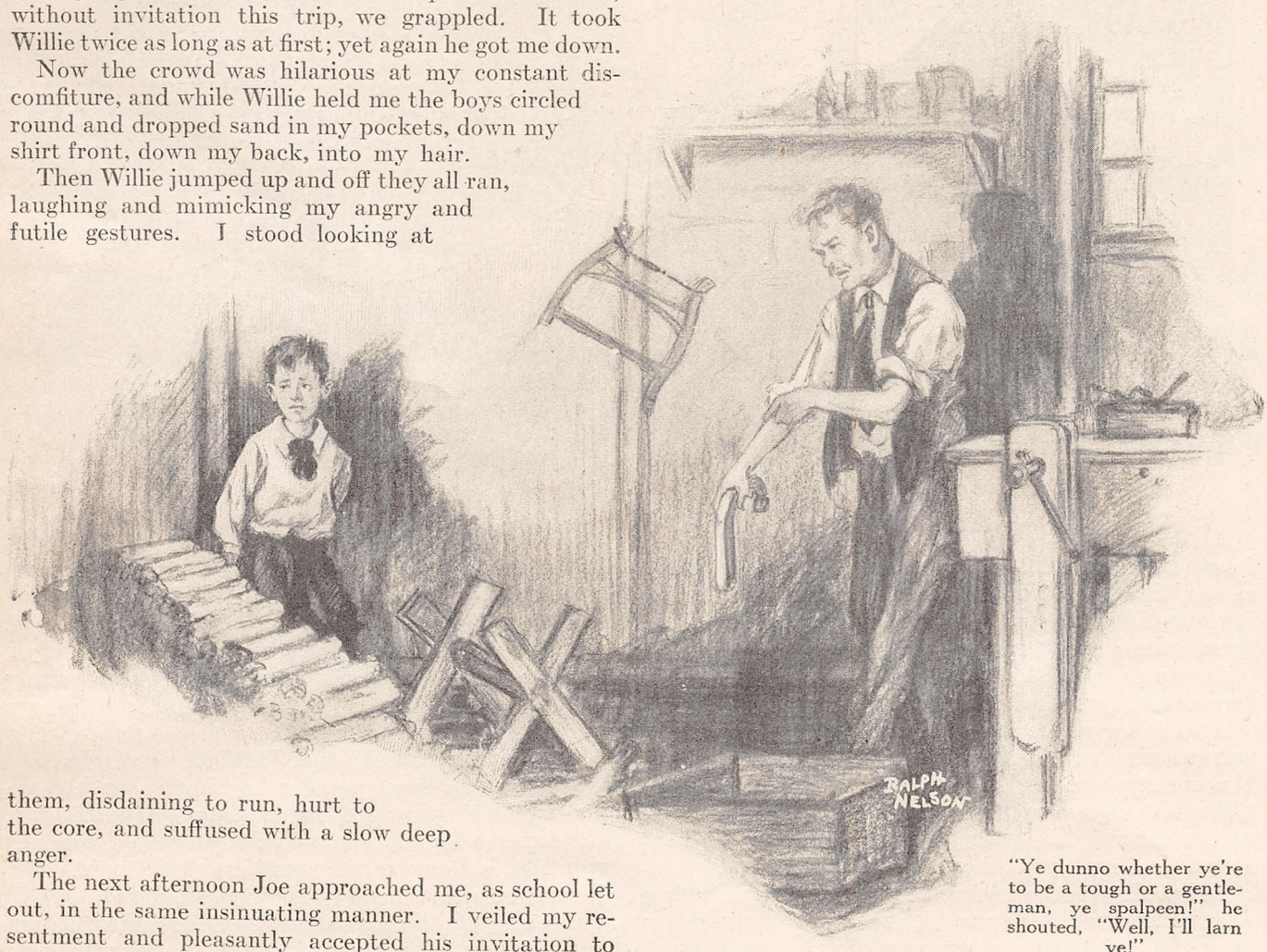
After that I went regularly each afternoon to the sand hollow, and each afternoon the number of boy spectators increased. "To go see Willie Breek put down Jack McGonigle" came to be the vogue in the boys' sporting world.

At school I felt following me their derisive glances. I was more lonely than ever. No one spoke to me directly, but I could feel their slighting remarks and knew the cheap esteem in which I was held. Little did I realize that much marvel at my persistence was mixed with scorn of my many defeats. To persist was my nature. A man is never licked until he admits it, and though Willie Breek was whipping me regularly every afternoon I had a notion that some day I would throw him.

During the fourth week there came a variation in the monotony of Willie's triumphs. He had just thrown me for the third time, after a particularly desperate encounter, for the tussles grew fiercer instead of tamer as they progressed, and that was the secret of their popularity. No one was ever disappointed when he made a trip to see our matches.

As I rose this time, tossing my hair to get the sand out, and rubbing my eyes whence a grain or two had traveled, a jeering voice penetrated through my momentary blindness.

"O! He's just a mutt! Don't know when he's licked!"



"Ye dunno whether ye're to be a tough or a gentleman, ye spalpeen!" he shouted, "Well, I'll larn ye!"

It was Joe Cutler, and as I heard it I suddenly went cold and hot all over, by turns, just as I had the day Big Sid slapped my brother Art. Something snapped inside of me and I leaped for Joe.

This was no wrestling match. It was a regular fight, rough and tumble. I had no thought of my father's threat and mother's prayer had lost its efficacy.

Joe made a feeble defense but it was useless. I was all over him. I was especially vindictive toward his face, for I had heard that Minnie Demarest had said he was the handsomest boy in town. I gave him two black eyes, bloodied his nose and tore his lip. Then I threw him on the ground (*Continued on page* 76)

Can Disease Be Cured By Vibrations?

The Story of the Medical War Now Being Waged Between Dr. Albert Abrams and the American Medical Association—The Revolutionary Findings of Abrams in Diagnosis and Treatment

By Annie Riley Hale

From Who's Who in America, 1922:

Albert Abrams, physician, b. at San Francisco, Dec. 8, 1863; s. Marcus and Rachel (Leavy) Abrams; M. D. Univ. Heidelberg, 1882; A. M. Portland Univ. LL.D. 1892; post-graduate courses in London, Berlin, Paris, and Vienna; m. Jeanne Roth of San Francisco, Nov. 25, 1897; 2nd Blanche Schwabacher, Sept. 28, 1915; Prof. Pathology Cooper Med. Coll. 1893-98; president of Emanuel Polyclinic since 1904; Fellow of the Royal Microscopic Soc.; president of San Francisco Medico-Chirurgical Soc. in 1893; vice-pres. Calif. State Med. Soc. in 1889. Author Synopsis of Morbid Renal Secretions, 1892; Manual of Clinical Diagnosis, 1894; Consumption—its Causes and Prevention, 1895; Transactions of the Antiseptic Club, 1896; Scattered Leaves of a Physician's Diary, 1900; Diseases of the Heart; Nervous Break-Down, 1901; The Blues, 1904; Diseases of the Lungs, 1905; Self-Poisoning, Diagnostic Therapeutics, 1909; Spinal Therapeutics, 1909; New Concepts in Diagnosis and Treatment—Spondylotherapy, 1910. Founder of Spondylotherapy, and honorary pres. of the Amer. Assn, for the Study of Spondylotherapy; president of the Amer. Soc. for Psycho-Physical Research; discoverer of Abrams' Reflexes, and the Electronic Reactions of Abrams—ERA. Clubs: Authors' (London), and Argonaut, San Francisco. Address: 2135 Sacramento Street, San Francisco.

TO a casual reader of this biographic sketch, Dr. Albert Abrams of San Francisco would appear a medical personage of rather unusual attainments, with all the outward insignia of a practitioner of the straightest "regular" pattern. But the casual reader who chanced on a copy of the Journal of the American Medical Association for March 25, 1922, and struggled through the two pages of cheap satire in which that Journal purported to give its readers some account of Abrams and his new ERA (Electronic Reactions of Abrams), might well have been pardoned for adjudging him not only the "prince of quacks" and charlatans, but the arch-enemy of the medical profession. For by way of lending a peculiar flavor of malevolence and studied insult to the A. M. A.'s review of Dr. Abrams and his work, it is carried in that portion of the Journal regularly devoted to the exposure of "Quacks" and pretenders of all sorts, which is known as its "Propaganda For Reform."

Under this caption we find the following explanatory note: "In this Department appear reports of the *Journal's Bureau of Investigation*, of the *Council on Pharmacy and Chemistry, and of the Association Laboratory, together with other general material of an informative nature*" (italics mine). A cursory explanation of a number of issues shows this "Department" occupying from one to two pages of the Journal, and ordinarily covering several "exposures" of hapless offenders against medical ethical law. A closer perusal of these cases shows their offences falling under three principal heads: (1) Dispensing drugs under some other name than that bestowed upon them by the Association's "Council on Pharmacy and Chemistry"—mayhap infringing the copyright of the "Association's Laboratory;" (2) advertising these misnamed concoctions through other channels of publicity than the "regular" medical journals; (3, and most damnable of all!), selling these "quack" remedies directly to the laity, instead of through the laity's middlemen—the doctors and pharmacists.

In order to properly appreciate the fine ethical distinction between drug-mongers of the regular and the irregular type, one needs only glance through the classified ads of any "reputable" medical journal—the *Journal of the American Medical Association*, for example. Here one finds alluringly displayed every deadly and worthless nostrum, from the destructive neosalvarsan, antitoxins, and radium salts, to the worse-than-useless scalp tonics, hay-fever specifics, and mechanical appliances of alleged therapeutic value. And this isn't a tithe of the story. The U. S. Department of Commerce reports $400,000,000 worth of drug products manufactured in this country in 1921; and this in the face of the fact that the more enlightened and successful practitioners—even of the "regular" school—have repudiated the use of drugs entirely.

Dr. Wm. Osler, accounted the greatest medical authority of his time in the English-speaking countries, on page 57 of his latest work on "Modern Medicine," says (italics mine): "The new school does not feel under obligation to give any medicines whatever, while a generation ago *not only could few physicians have held their practice unless they did*, but few would have thought it safe or scientific.

"Of course there are still many cases where *the patient, or the patient's friends must be humored* by administering medicine, or alleged medicine, where it is not needed, *except where the buoyancy of mind, the real curative agent, can only be created by making him wait hopefully for the expected action of the medicine*, and some physicians still can not unlearn their old training.

"But the change is great. The modern treatment of disease *relies very greatly on the old 'natural methods'—on diet, exercise, bathing and massage; in giving the natural forces the fullest scope* by easy and thorough nutrition, increased flow of blood, and removal of obstructions to the excretory system or the circulation in the tissues. . . . There was but one conclusion to draw—*that most drugs had no effect whatever on the diseases for which they were administered.*"

We are constrained to think, however, that the "new school" of medical practitioners—of which Dr. Osler is a leading figure—constitutes only a saving remnant of the "regulars," since few of those know or care any-

thing about a chemically balanced diet; while the huge consumption of drugs still going on in the United States can hardly be charged for the most part to "quack" prescriptionists, especially as the worst "quacks" in the allopathic view are the drugless men—osteopaths, chiropractors, and naturopaths.

Additional light is shed on this subject by a writer in the current September number of *Hearst's International Magazine*, Dr. Paul H. De Kruif, who in the first of a series of articles on "Doctors and Drug-mongers," tells us—among other things—that drug remedies have grown in the past thirty years from twenty-six hundred to forty-five hundred. "If only a small number of this great array of balsams really cured disease," says Dr. De Kruif, the case wouldn't be so bad; but he affirms that "not more than fifty drugs can relieve pain and *soften symptoms, while the definitely curative ones are not more than a dozen*" (italics mine), and leaves us wondering about the "definitely curative dozen" when he appends the sorrowful admission: "Despite the great advances that have been made in knowledge of the cause and prevention of various diseases, *the actual cure of most of them remains a mystery.*"

We do not know De Kruif's other claims to distinction and credibility, but by this token we are apprised that he is a loyal "regular," acutely jealous of the dignity and honor of the profession;" since there is no more infallible sign of regularity than to speak of "the great advances in knowledge of the cause and prevention of disease" which have been attained by modern "medical science!" It always sets us impertinent laymen to wondering what the medical profession *do* with their vast fund of "scientific" knowledge if they can't cure disease with it? So far as we can observe, they seem to use it chiefly in *sorting out and naming* the various ills that flesh is heir to, as the ponderous array of medical nomenclature certainly argues knowledge of some sort out of the ordinary—great familiarity with dead languages, at least. But if the value of this assorting and naming—commonly known as "diagnosis"—is to be gauged by its *accuracy*, then the healing art by "regular" methods still seems to fall outside the category of *applied sciences*, since upon the testimony of expert clinicians, not much over half of medical diagnoses are correct.

A statement of this sort was given out before the assembled A. M. A. (in St. Louis, as I recall) not so long ago, by Richard C. Cabot, professor of Medicine in Harvard Medical School and chief of staff at the Massachusetts General Hospital, who said it was based on findings in post-mortem examinations at that hospital. Still we may reflect, the forty-nine percent of dead ones whose ailments had not been correctly labeled—according to Dr. Cabot—were no worse off than the fifty-one per cent, whose autopsies confirmed the doctors' guesses; and the same is doubtless true of those patients who escaped the mortuary findings, who emerged by the front instead of the rear exit of the hospital. Nature restored as many of them as she could, *in spite of the doctors*, and regardless of their diagnoses.

But let us return for a brief space to Dr. Paul De Kruif and his "drug - mongers." He gives further proof of his "regularity" by laying the gravamen of responsibility for the abuse of which he complains to the competitive greed of drug manufacturers. These, he charges, have multiplied drug concoctions and extended pharmacopoeias *ad infinitum* by endowing one staple drug with "a glittering array of aliases, differing only in the fancy names, *and in the price*, which is almost always much higher than the staple drug." He illustrates with what he is pleased to call "the meritorious laxative, phenolphthalein"—whatever that may be—of which there are about sixteen identical equivalents now on the drug market. Of course we of the Nature Cure faith do not recognize any "meritorious laxative" save those found in fruits, vegetables, and wholegrains; but even the more enlightened and progressive allopaths hesitate these days to prescribe cathartic medicines, knowing their paralyzing and harmful effects. This seems to brand the author of "Doctors and Drug-mongers" as not only very "regular," but "one hundred per cent. conservative." He describes "icthyol," however, as a worthless, malodorous unguent, derived from the fossil remains of fish, and first used by Tyrolean peasants, who thought it must have curative power because of its foul smell! Finally, he says, "it made its way from a folk-lore status to the dignity of *official use*," and (*Continued on page* 105)

Are We Facing a Revolution in Medical Methods?

JUST as surely as the world moves, so there is bound to be from time to time a change, however slow, in the theories and methods of medical practice. But the dominant characteristic of the medical profession is a brand of conservatism which makes them slow to recognize new truths. Judging by their persistence in holding to accepted practices, one must suppose that in the judgment of the doctors there is nothing more for them to learn and no change to take place in future, ignoring all the lessons of history upon this point.

In view of the vogue of dietetic, hydrotherapeutic and manipulative treatment having to do with the corrective mechanics, so to speak, and the unquestionable success of these various schools of practice, it seems logical to suppose that future changes in medicine will be in the direction from and not toward drug treatment.

The practice of the most progressive members of the profession who have practically eliminated drugs, with a very few exceptions, points in this direction. Now comes Dr. Albert Abrams with developments based upon the new electronic theory of matter, in which he utilizes vibration rates of diseased germs and tissues, both as a means of diagnosis and therapeutics.

We are not yet in a position to determine whether Dr. Abrams' methods represent the next step in the healing art, or whether they give some hint of the ultimate basis of medical practice. Only time will tell that. But in any case Dr. Abrams should be given a hearing. And that is our purpose.

—The Editor.

Dancing Cures Nerves

If Music Is of Healing Value, as Science Now Assures Us, Then Its Active Expression Through the Body in Terms of Muscular Action and Rhythm Is Particularly Potent

By Ted Shawn

POSES BY THE AUTHOR

Keystone View Company Photo

NORMAL, robust, healthy life is always rhythmic. Nervous people, it is well known, are jerky, spasmodic and unrhythmic It follows, then, that to establish rhythm is to banish unrhythm, thereby establishing health and removing the nervous disorder.

For many years I have received off and on, patients from nerve specialists, to be taught to dance By dance, I do not mean the imbecilities of the modern ballroom—the shimmy, the toddle, and that sort of thing—but the free, expressive use of the entire body in rhythmic, proportionate and beautiful movements to music of a much higher order than jazz.

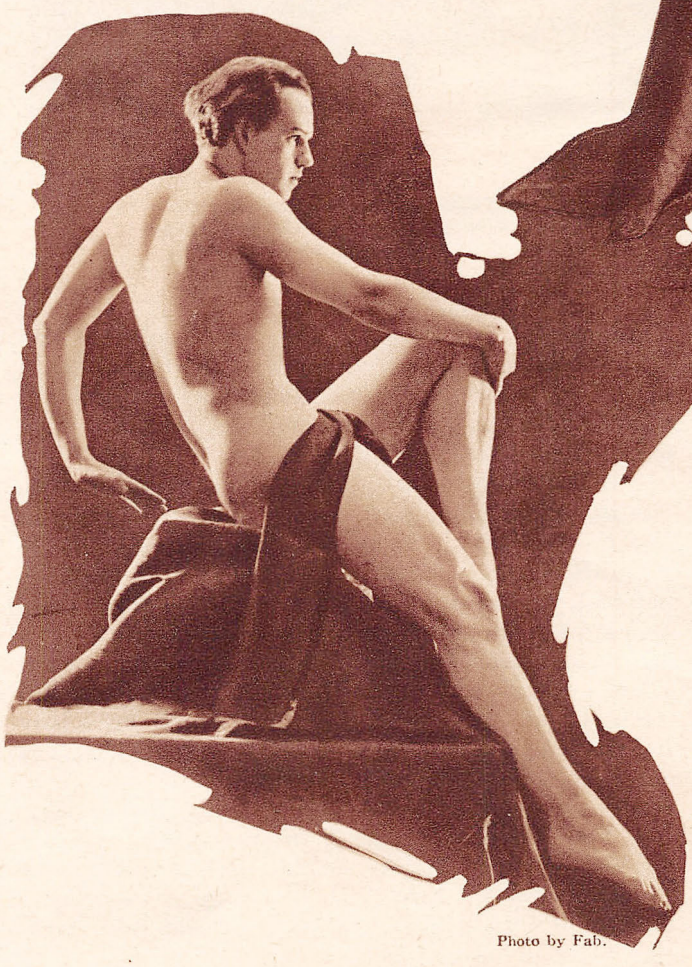


Photo by Fab.

Mr. Shawn is a student of health and personal efficiency, as well as the foremost American male dancer. He is the executive head of Denishawn, the Ruth St. Denis and Ted Shawn School of Dancing and Its Related Arts, founded seven years ago in California and now regarded as a national institution.

Music itself, that is to say, good music, is of healing value. But the mere listening to music in a passive way will not achieve the desired result. The rhythm must be established in the body of the patient herself; she must be made to absorb the music into her consciousness, and then so move that the music seems to be sound created by her movements rather than her movements merely being performed to some extraneous accompaniment.

From a Freudian standpoint, most nervousness, hysteria and unnatural melancholy and fatigue come from "inhibitions," "complexes," and "repressed desires."

The unexpressed person is a dangerous person, to himself and to others. Life is force, and force without an outlet that is adequate and legitimate seeks illegitimate outlets, or else is dammed up until a catastrophe occurs in the explosive breaking forth. The Freudian theory also claims that most things that are wrong with us are due to the pent up forces of sex.

Photograph by Nickolas Muray.

A very striking pose in a characteristic Indian dance by Mr. Shawn, which admirably shows the symmetrical, beautiful and vigorous physique which he has attained partly through physical culture, but chiefly through the art of dancing. Dances of this character call for a truly athletic quality of energy and development and for exceptional endurance.

It seems logical then that what we all need is an expressive activity. There is no form of expression which is so completely satisfactory as a release for pent up forces, emotions, as dancing. It occupies the mind and takes the mind off the trouble. It occupies the body in a healthful and upbuilding exercise, and it satisfies the soul and spirit in its aesthetic content.

Any one dealing with nervous diseases in this day and age will agree that maladies of this nature cannot be reached by drugs, nor in fact by any purely physical or material means. Even physicians of the old school are being forced to recognize that there are diseases of the soul, which medicines cannot cure.

Havelock Ellis says, "If we have failed to appreciate the art of dancing, we have failed to appreciate not only the highest manifestation of physical life, but also the supreme symbol of spiritual life. Dancing is the direct expression of the inner being of the person."

Thus, in teaching a disordered person to dance beautifully, what is being done is this: Forms of beauty are being put into the mind and consciousness of this patient to replace forms of fear and ugliness; principles of rhythm, of proportion, of symmetry and of balance are being instilled into the psyche, and then being rayed forth in the form of a visible expression.

Sex force, which is allied closely to the religious and art impulses, can be ordered and expressed through the dance in such a way as to free the person from problems and complexities which come so thick and fast when there is no method of sublimation.

Dancing on the ballroom floor, in crowded cabarets, late at night and to savage music, is an artificial stimulus to the sex instinct in many cases, and as such is bad.

On the contrary, dancing as a fine art, out of doors, barefoot, to the pulsating music of Schubert, Chopin, Delibes, Luigini and other masters of dance forms, is a legitimate channel of really satisfying sex-expression.

The joy of dancing with one's utmost physical strength, with the wind and the sun on one's bare body, to the strains of great musical compositions, and expressing the most beautiful concepts of one's consciousness, is an ecstasy in itself completely satisfying.

In the disordered mind of the nervous person, are angular, broken pictures of life. By studying the beautiful, flowing lines that the body is capable of making in sculptural postures, the patient is healed of that cause of his anguish.

And among the inhibitions that are common to this day and nationality is a belief that there is something essentially sinful about the body itself. This is a misconception which, when cured will do much to

Photographs by Nickolas Muray.

Characteristic phases of war dances, in which Mr. Shawn has specialized as representative of some of our most interesting American traditions. There is not only grace of movement and body in masculine dancing of this type, but there is an essential vigorous and masculine quality of grace involved which is something distinct from the lighter grace and supple buoyancy of the ideal feminine dancer. Even the pictures suggest rugged virility as well as a musical swing which is a part of any true dance movement.

remove the root of mental disturbances and nervous disorders. And nothing can equal the study of the art of the dance to produce a correct and clean attitude of mind in regard to the body.

Ruth St. Denis writes: "Dancing is the divine impulse of spirit to move rhythmically, proportionately and perpetually, but in order that the dance may attain its rightful place among the arts, and may serve humanity as it should, dancers must change their emphasis from the material to the spiritual.

"The dance compositions of the future will be built on divine themes instead of on the human longings and egotism that have given birth to much of the so-called art of the world. But the dance has been grievously retarded by Puritanic disapproval. For this divine impulse must be manifested through the human body—which has been hated and distrusted according to Christian teaching under the suppressive influence of St. Paul.

"Even as Byzantine art sought to divorce the spiritual from the physical, depicting the body as always meagre and unlovely, having neither form nor comeliness that might divert the beholder from preparation for the life hereafter, so religionists down to our day have assumed that the beauty and grace of the body could never be significant of the high and ideal, but are subtle snares for the sensually minded.

"On the contrary, the sex-consciousness of all who study the dance seriously as a spiritual manifestation will be purified through the destruction of false modesty and through the gaining of a concept of the purity and beauty of the body."

Self-treatment for nervousness can readily and successfully be given at home by the individual. Nowadays,

the greatest music of the world, played by the most celebrated artists is available on all makes of phonograph and reproducing piano. Choose compositions such as Beethoven's "Sonata Pathétique," ranging down to the lighter and more obviously rhythmic things such as the Chopin Waltzes, and go into your own room alone.

First take some selection with a more or less definite rhythm, a soothing, romantic waltz or barcarolle, and learn to walk in absolute time to its pulsations, taking one step to each measure. Then increase to a rhythmic run, one running step on each beat of the measure. Then stand still and sway the body in time to the music from side to side with the arms over head.

When the fundamental keeping time to music is achieved, you are ready to occupy yourself with expressive or interpretive work. Take a theme or dramatic story based on a happy or uplifting motif, and try to express and tell the story without the use of words—in gesture and pantomime only, but always rhythmically and yielding yourself utterly to the music.

Being alone, and in a room that has plenty of air, dance nude. By keeping in motion you will not catch cold—and you will get a feeling of liberation from the binding and stupid conventions of the outside world.

Get acquainted with your body as "the temple of the living God," a holy, clean, right thing—nothing to be ashamed of. Learn to move in perfect rhythm to the music of inspired composers, in the expression of the most beautiful thoughts of which you are capable—and I guarantee that much of your nervousness, irritability, and melancholy will disappear, and a physical, moral and spiritual well-being result therefrom.

The art of dancing is as old as the world, and more than any other human expression has been the index of the high or low water mark of a country's civilization—its moral and mental fibre.

It is not surprising that beautiful dancing should have a spiritual, an uplifting effect, when one remembers that most of the dancing of the ancients had its origin in religion. We have innumerable instances in history when the dance was used as an outlet under great stress of emotion—joyous or painful.

Upon all memorable occasions, the Greeks of olden times assembled to the last member of the community, in the market places to offer up thanksgiving by singing hymns and performing corresponding dances. The Jewish records make abundant mention of music. Moses and Miriam danced to their song of triumph when the Israelites passed through the Red Sea into the Promised Land. Early Christians danced at their religious meetings. The Spartans had a law obliging parents to bring their children to the public places, where, led by grown men and women, they were trained for the armed dance.

Grace of movement is really the natural law of life. This lesson of beauty is universal, for there is rhythmic force in all of us. To give expression to this force means physical health, peace of mind and spiritual beauty—the perfect manhood—perfect womanhood.

These poses by Mr. Shawn, taken at the Fab Studios, New York, under the personal supervision of Mr. Macfadden, may be regarded, if you wish, as a constructive lesson in the art of posing. If dancing is essentially the music of motion, it is also true that there is action even in a perfectly still position. There is a quality of music and grace in a stationary attitude of the body, but only when it expresses mental harmony, or as one might say, a spiritual sense of beauty. The first essential of artistic posing is that it should be natural.

The Body Beautiful

MEET Miss Eleanor R. MacLaren, of Atlantic City, N. J. Swimming made her slender, with a loss of twenty-two pounds, and it certainly helped to make her beautiful.

Photo by G. Dobkin, Atlantic City.

MISS FLORENCE BRISCOE of New York City, a consistent physical culturist. She illustrates the axiom that good things often come in small packages. An interesting and vital type.

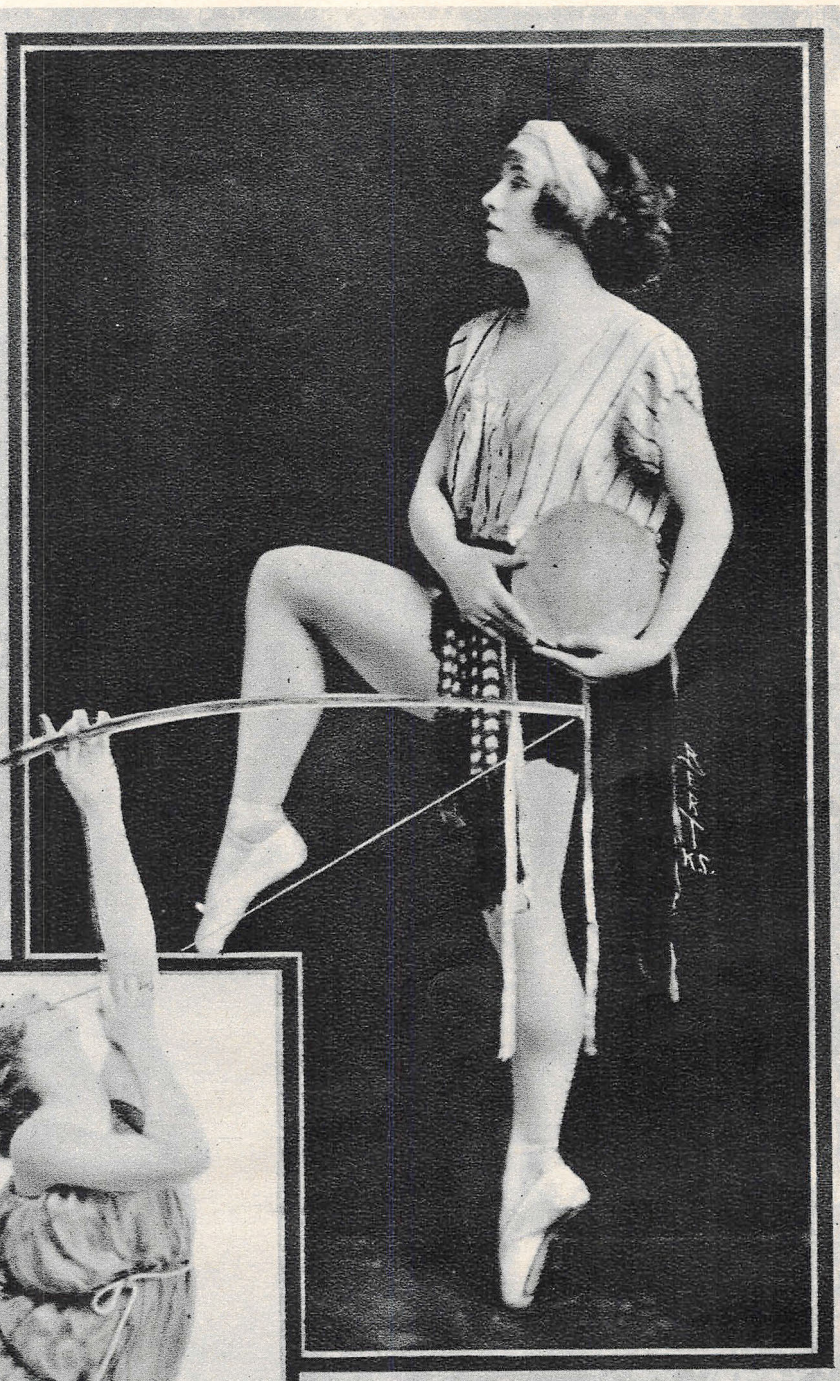
Photo by Fab, N. Y.

MISS RUTH ANDREA, of Brooklyn (at left), honored as the Bathing Queen of Brighton Beach, N. Y., following a beauty contest there.

P. & A. Photo

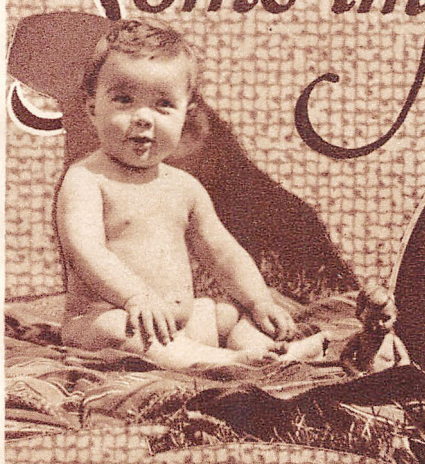
TWO interesting poses of Miss Dolores Farris, of Kansas City, Mo.

Photograph by Bert, Kansas City.

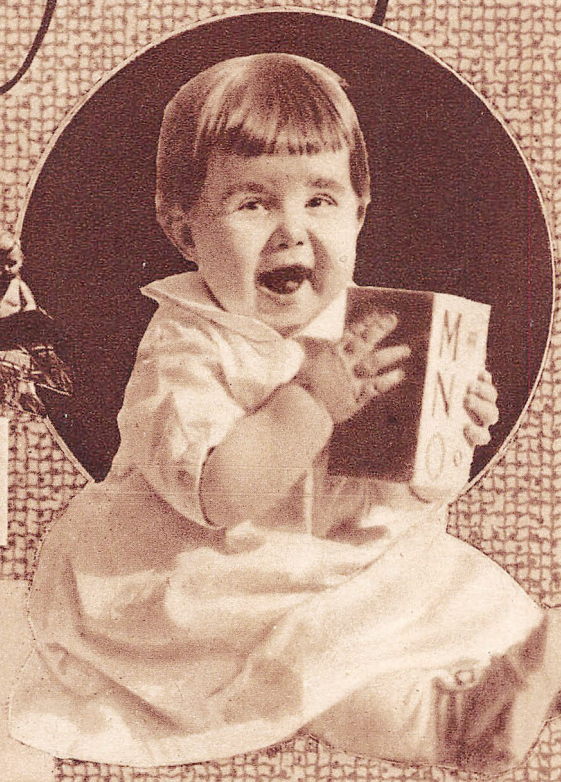


MISS FARRIS is a representative of the advantages of dancing as a form of physical culture. These poses are expressive of the grace, coordination and vitality to be acquired through the practise of this form of musical motion.

Some important personalities



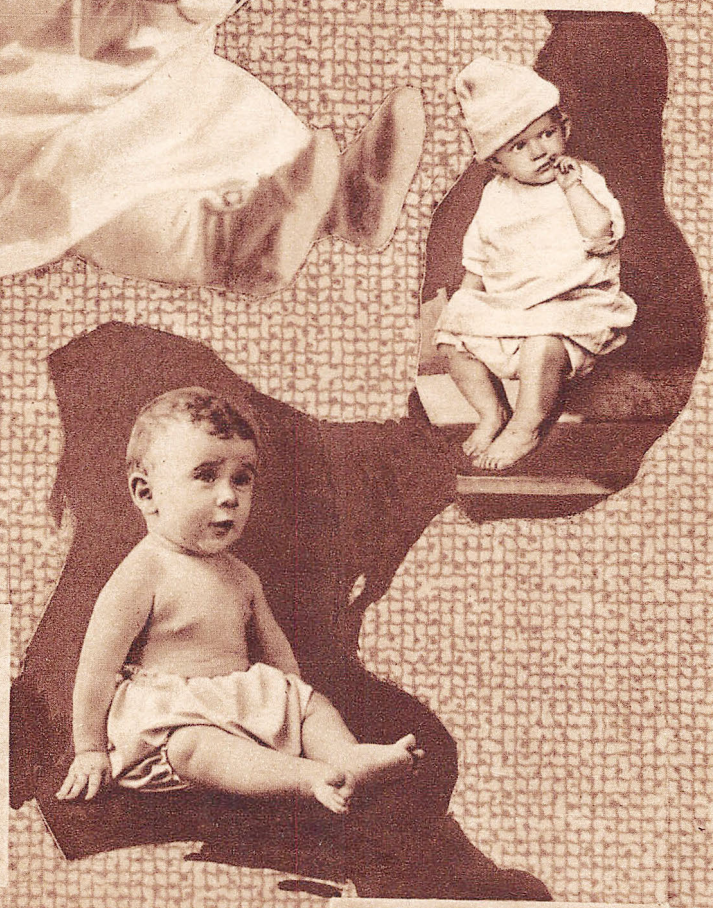
EDWARD S. ROAT, of Horseheads, N. Y., wears a quizzical smile.



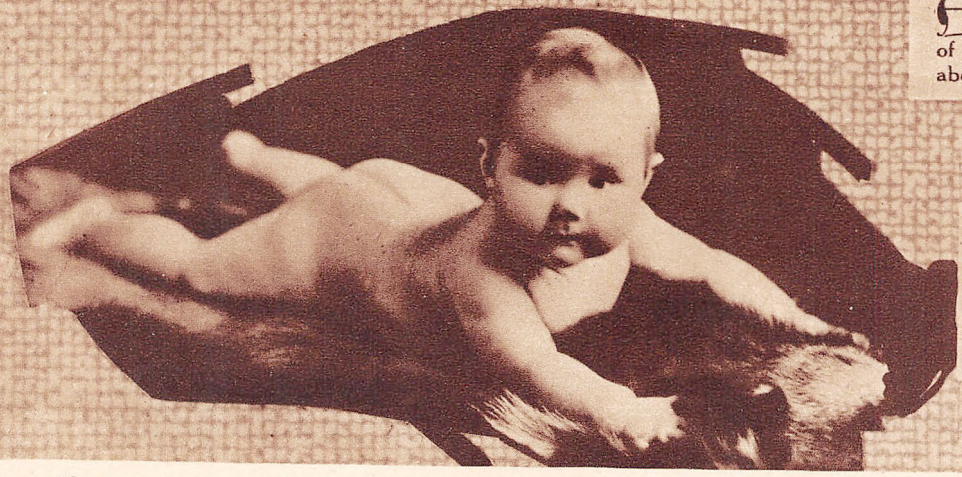
SPARKLING Margaret Virginia Boltz, of Lebanon, Pa., (in circle) and (below) Rose Nelson, of Grand Rapids, Mich., with her thinking cap on.

AND here's "rough and ready" Donald Edward Bardgett, of Warwick East, Bermuda.

(At left)



AND now guess what Ansel A. Wittenstern, of Orlando, Fla., is thinking about.



THIS is Edna Mae Hopfer, of Portland, Ore. You can't call her honey; that's not sweet enough!

What's Good for Rheumatism?

Here's a Case Where a Meat Diet and Hot Water Drinking Turned the Trick

AN INTERVIEW

By Edwin F. Bowers

WHAT is one man's meat may create ptomaines in another.

There is something about the way we are constituted that precludes the possibility of measuring the requirements of any given individual by a set rule. This is particularly true of the digestion and metabolism of food—or of that faulty metabolism of food that expresses itself in disease.

On first thought almost anyone would feel justified in claiming that milk would be an ideal diet for anyone afflicted with rheumatism—particularly for that stubborn and progressive form known as arthritis deformans—in which the fingers, toes, knees, elbows and all the joints in the body become more and more enlarged and painful—with complete ankylosis at times.

And that meat, with its concentrated protein, and high percentage of end-products, would be about the last form of diet one would expect to indulge in as a cure for this obstinate trouble.

Yet, there is more in heaven and earth than is dreamed of in thy philosophy, Horatio. For, under certain conditions, milk is distinctly the food to be avoided, while meat is the open sesame that unlocks the Jewel Case of Health.

Many, who are only superficially acquainted with physical culture theories, have evolved the idea that physicians practicing natural methods have placed meat on the index expurgatorius. And that, if they cannot cure a patient by means of fasting, a milk diet, fruit, vegetables, and a super-abundance of base-forming material, in the nature of mineral salts, they give this patient up for a bad job, and turn him loose to try some other more effective method.

This is an altogether erroneous conclusion. This is made very clear by Mr. Macfadden when he says, in his Encyclopedia of Physical Culture,

"Though I have long been convinced of the superiority of the vegetarian diet in all ordinary cases, yet I have always maintained an open minded attitude upon this as upon all other subjects, open to conviction upon the presentation of any new truth. And though I still believe firmly in the advantage of the vegetarian diet, without excluding milk, eggs, butter and products of this kind, yet I am free to admit that there are occasions in which the use of meat is of distinct advantage. There are conditions of lowered vitality and defective assimilation in which radical and rapid results can be accomplished by some form of animal food which is easy to digest and assimilate, and which will build up the patient more quickly than any other method. In some such cases the milk diet will accomplish results truly marvelous, but in others there is nothing so effective as an exclusive diet of beef, properly prepared and administered. Of this I have been convinced both by experiment and experience."

This statement, understand, does not apply to extract of beef, or to bouillon or broth, but only to beef tissue itself.

In this connection it is well to remember that only 2.8 per cent. of beef is lost in its passage through the alimentary canal; 2.9 per cent. of eggs, and 6.00 per cent. of milk; as against 80 per cent. of the protein of oats, for instance, which during its passage through the alimentary canal is likely to develop the very kind of fermentation that may be the basis of the rheumatic trouble which many people believe an exclusive vegetable diet is calculated to help.

This proved to be the case with one very interesting patient whom I interviewed on a recent visit in the Middle West.

This patient was Mrs. Flossie Cassell, of 147 Rosslyn Avenue N., Hamilton, Ontario, Canada. And here is her story:

One of the Most Baffling of All Diseases

THERE are numberless alleged cures for rheumatism, all the way from old Doctor Fakem's liniments down to Christian Science. But the victim of a real life-sized, man-eating attack of rheumatism knows after he has tried them all that they don't cure. After a time, if he is fortunate, the rheumatism goes away by itself, sometimes leaving him mutilated in heart or joints or otherwise. What then is he to do?

We are offering this experience, but without the suggestion that it is a cure in all cases. Even the combination of fasting and the milk diet, which has proved such a panacea in any number of ailments, cannot be depended upon in rheumatism. In any case, perhaps the instance related in this story will explain some things to the medically trained mind. If you have ever had a fight with rheumatism, then anything that ever has accomplished a cure is worth knowing about.—The Editor.

Winning the Fight Against Rheumatism

By Mrs. Flossie Cassell

Two years ago, just after our little son came, constipation set in, due to my inactivity and to over-eating, while the system needed—just rest. But I had not yet learned this valuable lesson—of eating only to supply the actual needs of the body. And so I ate as much or more than before, with frequent egg-nogs and malted milk drinks in between. Auto-intoxication resulted, and very soon I was afflicted with pains all over my body, with enlarged and swollen joints. Rheumatoid Deformans the doctors called it, in technical terms. This troubled me for about ten years, slowly becoming more painful, and disturbing to (*Continued on page* 147)

How to Take Your Exercise

Put Your Will in It

By Julian Hawthorne

ILLUSTRATIONS BY LEONARD WHITNEY

WHATEVER system of exercise you adopt—free-hand, calisthenics, or heavy-weight—the value of the result will depend on how you go at it,—the state of mind you do the movements in. Beware of falling into routine: fix your thought on each particular movement you make and put your will into the act. You will be helped in this by some knowledge of the anatomy of your body. Suppose you are using a twenty-pound dumbbell, for instance. You stoop over and grasp it; then you curl it, till it is poised above your shoulder; then you shove it up to arm's length above your head; then you let it down again, reversing the former motions, till it rests on the floor, and you repeat the movement with the other arm. Of course you may use a bar-bell, worked with both hands at once; but in my own practice I prefer the plain bell.

Now, in this exercise, a number of muscles are involved—those of the small of the back, the forearm, the biceps, the deltoid, the triceps, the trapezius, and some others. Even the leg muscles have a share in it. It is one of the best all-round exercises known of the gymnastic or indoor kind; but unless you pay strict attention to every successive phase of it, you won't get half your money's worth out of it. Keep other thoughts away from your mind,—the book you read yesterday, the business you transacted, the girl you met, the money you lost or made, the project you are looking forward to. Resolve that during this exercise-hour or half-hour you will think of exercise and of nothing else.

Such concentration is worth your while, for

Have You a Regular Setting-up System of Your Own?

ARE you entirely fair with yourself in the matter of keeping as fit as possible? Obviously you are not treating yourself just right unless you maintain the steady nerves, the vigorous strength, the clear eye, the clear skin, and most of all the clear head that goes with one hundred per cent health.

A setting-up system should be just as much a part of your everyday life as washing your face, brushing your teeth, eating your meals or going to bed for a good restful sleep. Every day you should bend, stretch, twist, tone up all of your muscles and at the same time awaken vigorously your organs. glands and nerves.

remember, exercise is a life-saver and a life-prolonger, of more real value to you than three-fourths of the food you eat or nine-tenths of the raiment you buy; and if the profiteers were to corner the available supply, and you had to pay war-prices for it, you would go down into your last jeans for the cash—for what will a man not give for his life and health? Because you get it free-gratis, you infer that you can let it go. You will think otherwise when, in your last illness, you reflect that had you exercised wisely and regularly since you were thirty or forty, you would have many untroubled years of life yet before you.

Does it sound funny to you that keeping your attention on your exercises will improve their effect? It is a known physiological fact that by mental concentration on any given part of your body, you can set up an inflammation there. And there is no doubt, on the other hand, that if you are suffering from an inflammation or other local lesion, you can abate it by turning your attention doggedly away from it,—by abstaining from "worrying" about it, as we say. So, if you concentrate on a muscle which you are exercising, it will grow faster and become stronger than if you forget it and go mooning about some other business. Probably the reason is that such mental concentration occasions a fuller flow of the blood circulation to that muscle. Our bodies and their functions are more under the control of our minds than we are apt to realize. You have noticed how a sudden piece of bad news will destroy your digestion of the dinner you are eating; and *per contra*, that if the news is that your uncle has left you ten thousand dollars, your eyes will sparkle, your cheeks redden, and your digestive apparatus get away with the toughest steak and most intractable mince-pie. So, attend to your exercises when you are exercising, and your exercises will attend to your muscles and to your general health.

Music is of assistance, and Dio Lewis, the prophet of light-weight gymnastics, always had music with his classes. The rhythm of the sound operates on the movements and interests the performers in what they are doing. I remember when Edward Payson Weston was doing his hundred-mile walks in Madison Square Garden, he would be going heavy-footed at times, and then the band would strike up, and immediately the little man's head would lift, his stride lengthen, and he would circle the track as if he were just starting. Still, one may have too much of that sort of stimulus. It may beguile you into over-exerting your strength, and then there will follow a reaction that leaves you done up. But if you find your morning half-hour with the free-hand or the pulley-weights, or what not, tedious, a good dance-tune out of the music-box will brighten you up. Upon the whole, however, the best thing to rely on is your own conscience and determination. Your will, like your muscles, is strengthened by use, and doesn't fail you at a pinch.

(*Continued on page* 128)

Do You Sweat Once a Day? You Should

THE author of this article has suggested a well-rounded or balanced scheme of physical culture and health. Your keep-fit system should have a two-fold nature. You should keep your body elastic, supple and vigorous with a setting-up system, performed once each day, morning or evening, and with that you should contrive to enjoy the benefits of active open-air life.

This will put to work or "exercise" your internal organs and accomplish that daily internal cleansing of the body which is accomplished only by perspiration. Then shower or sponge off and rub down with a coarse towel.

Why Not "Prohibition" of White Bread?

If Deficient Bread Is More Deadly than Alcohol, and More Destructive to National Health, Why not Protect Our People, Especially Our Children?

By Milo Hastings

THE prohibition of the manufacture and sale of deficient bread and breadstuffs would do more for human health, happiness and prosperity than the prohibition of alcoholic liquors.

The prohibition of deficient bread should meet with no opposition because the efficient bread supplied in its place would be equally acceptable to bread users, which cannot be said of the kickless drinks offered in the place of the kicking kind.

The use of alcohol directly injured only a minor fraction of the population, and these had themselves to blame for they did not have to use it. The use of deficient bread injures the whole population, particularly the children, and most particularly the children of the poor, who as a practical proposition cannot escape the evils of a deficient diet as long as the only staff of life available is a broken stick.

There are nearly two hundred thousand cases of pellagra in this country. There are millions of cases of rickets, for, to quote from Hess and Unger, recognized authorities, rickets occur in more than fifty percent of the children of the poor; and McCollum adds that "no condition contributes more to physical inferiority of man than faulty bone development, for which rickets is chiefly responsible." Infantile scurvy has been on the increase for a number of years. Defective teeth are almost universal and are the indication and the cause of numerous other diseases and physical inferiorities.

The above are among the more definitely recognized diseases caused by food deficiency. But at the rate science is working out the relation of food deficiency to specific diseases we may expect the list to be constantly increased. Consumption may be caused by germs and the tendency be inherited, but one of the most essential elements in its cure is adequate food, and it follows that one of the most important of its causes is deficient food and consequent malnutrition.

The predisposing effects of deficient diets to all manner of diseases is a foregone conclusion that any student of human or animal life must now concede. In a given population, for every acute and recognizable food deficiency disease, it follows that there are numerous cases of malnutrition and general impairment of health and efficiency due to less severe degrees of the same operating causes. All phases and details of the problem are not worked out, but each year brings clearer evidence that we are badly fed and that. even the condition we call health may be far beneath the attainable possibilities of human health and human efficiency.

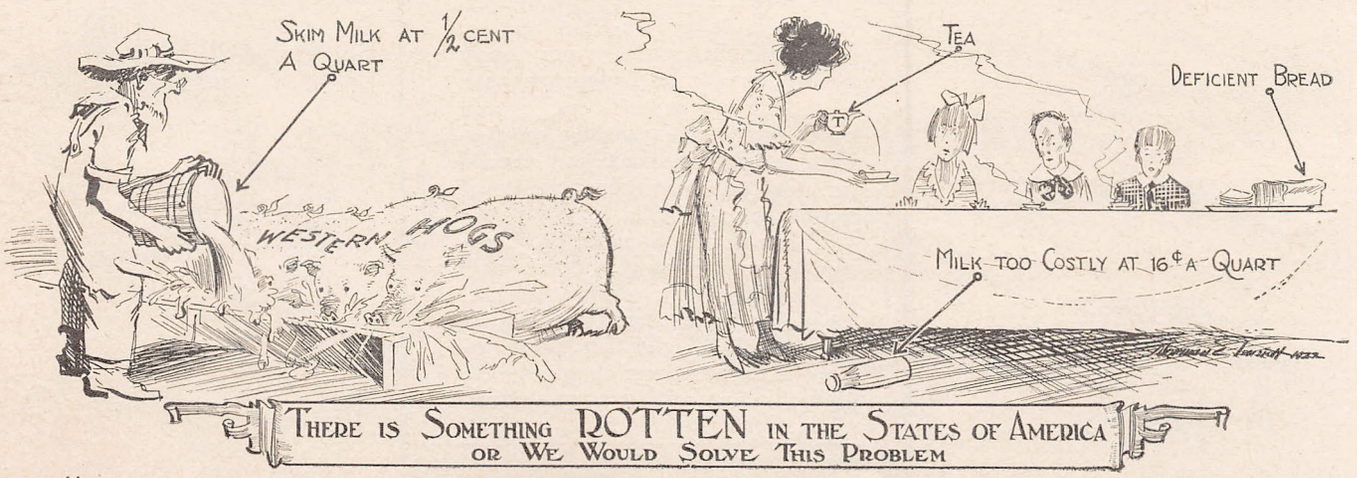
What are we going to do about it?

PHYSICAL CULTURE MAGAZINE has for years advocated whole wheat bread, and, due largely to such advocacy, this form of bread has won a wider vogue and more general use.

But it now appears, in light of the most recent scientific knowledge, that whole wheat bread, while greatly superior to white bread, is still lacking as a complete or wholly sufficient food. It furthermore appears in the light of our newer knowledge of nutrition, that both white bread and whole wheat bread can be vastly improved and be so made that instead of serving to deplete and render the diet deficient, the bread element in the diet can be made to act as a carrier of the needed minerals and vitamines in which the conventional diet is most likely to be lacking.

If this can be accomplished, and scientists assure us that it can, then why in the name of God and humanity should we continue to depend on the slow progress of a popular knowledge of food science to introduce these health giving and life saving elements into the diet of the people?

(*Continued on page* 139)



What We Know and Don't Know About Food

Science Is Just Beginning for the First Time in All History to Know Anything About Nutrition—A Candid and Honest Exposition Both of Progress Made and Present Limitations—The Question of Science Versus Nature

By Milo Hastings

Director of Physical Culture Food Research Laboratory

I HAVE a genial sceptic out at my place by the name of Ruben Jacques. Rube is well educated; he took his bachelor's degree on the old time Bowery twenty years ago and has taken several extension courses in the same University of Experience. For instance—the gold panning course on the beach at Nome. He has sailed the salt sea and hoofed the alkali desert; lumbered the fir forests of Oregon, harvested the wheat of the Dakotas, dammed the floods of the Mississippi, and drawn three men's pay by having three names on the payroll of the profiteers who helped us win the war.

Rube has seen the greed and graft and faking of this world and has come to the conclusion that all men are liars, that there is nothing new under the sun, that ignorance is bliss, that wisdom is bluff, that men who write books don't know what they are talking about, that science is half nonsense and two thirds bull con, that cranks don't practice what they preach, and that prohibition is a denial of the right of man to drink what he pleases and die when he likes.

With a critical eye and a sceptical mind Rube watches the chicks and rats in our laboratory experiments, and says that those that don't thrive don't thrive because they want to be out scratching around or digging under the barn, and that corn is good enough feed for rats and chickens, and that beefsteak and potatoes are good enough for humans, and that if there was anything in this food science business the scientists would have found it out long before now and quit contradicting each other and changing their minds with the changes of the moon.

In short Ruben Jacques represents the lay wisdom of the practical people of the world who aren't open to conviction. He wants results. He wants them quick and he wants them positive and emphatic and definite and final and he wants us scientists to dive or get off the springboard. He's "from Missouri."

In Ruben's mind our bluff is called. We don't know, we admit we don't know. We have theories and try experiments; whereupon we have more theories and try more experiments. We believe we are making progress, and finding out important things; but the common sense folks can't see it—they are the kind of folks we send to Congress and who refused to vote a few more thousand dollars to Prof. Langley that time his airplane fell into the Potomac. So Prof. Langley died of a broken heart and they put his airplane in the Smithsonian museum. Fifteen years later Glen Curtiss took it out and put a better motor in it, and flew it.

Food science — all science—is like Langley's airplane — part right and part wrong. There is an old proverb which says, "Don't show a fool a job half done." As scientists our job is always half done, and will be 'till the end of time. And yet these fools — and we are all fools about the other fellow's business — are constantly adopting and taking over the part of the job we have done. That's why the world progresses, why we are not still sitting on our haunches in a sour smelling cave and gnawing bloody marrow bones. The marrow bones, by the way, were not deficient in calcium,—and white bread is. But there is a rumor afloat that some of us faking theoretical scientists are going to put calcium

That Old Question of "Prohibition" *versus* "Personal Liberty"

IT is a very radical and somewhat sensational idea, that of prohibition of deficient bread, as suggested by Mr. Hastings in the article on the opposite page. Even granting the worthlessness of white flour as a food there are some who will be opposed to legal prohibition on general principles, just as they object to prohibition of alcohol. It is held that the ideal of "personal liberty" is a far greater thing than the occasional harm that one may do himself through fighting booze, and that the solution of the problem is to be found in education, or moderation, or something equally well-sounding but equally meaningless where the weaknesses of human nature are concerned.

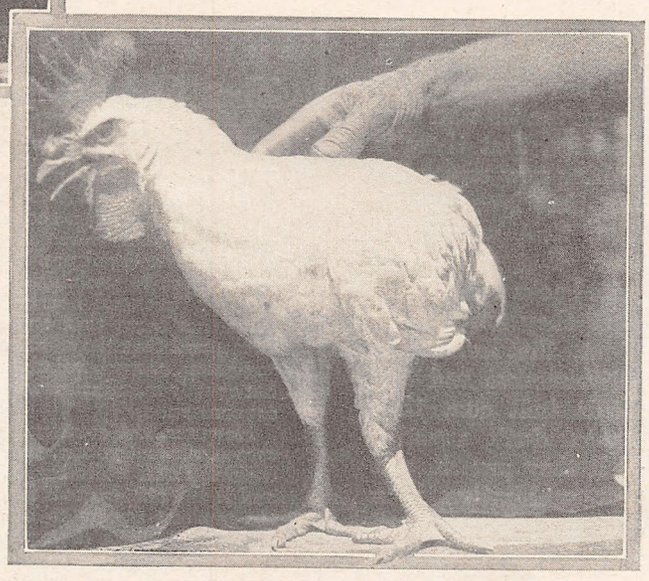
However, the country has decided for prohibition in the case of alcohol poison, just as Europe threatens to similarly decide. But if white bread is undermining the nation's health and is the one greatest foe to our children's life and growth, the greatest enemy to our children's teeth and bones and nerves and blood, then why should we not prohibit the stuff for the same reason that we have laws against factory work and poisonous food preservatives, and just as we have laws against reckless automobile driving and other things which occasionally kill them a little more violently but not less surely—not even so surely?

Meanwhile our campaign for education will go on; we shall continue to teach the people that, as Mr. Hastings says, "bread and fat pork, bread and oleomargarine, bread and tea, bread and molasses, or bread and water, are the diets of poverty," and that such a diet, especially since white bread is universally used, means weakness, disease, deformity and short life.

In this article upon the general subject of Science versus Nature, Mr. Hastings has summarized the new developments bearing upon the truth about human nutrition by which we may get a clearer understanding of the one thing most fundamental to health and vitality.—The Editor.

into the white bread, and then in this respect we will be back again to where we were in the bone gnawing age. Which illustrates another phase of this corkscrew method of progress by which we go round and round as we go up, and seem to some folks to be going in circles.

The layman's failure to appreciate the scientists' point of view rests on two facts. One is that too much detailed knowledge is involved and the other is the natural tendency of the human mind to want a definite and positive answer to every question that arises. The mind of the child typifies this tendency. The child has curiosity but it is combined with credulity. The child asks: "What holds the sun in the sky?" And the answer may be "God," "a flying dragon" or "the law of gravity," and the child accepts the answer and asks the next question. But if the answer is "I don't know," or "the law of gravitation or the law of relativity," the child is not satisfied. The child mind is not trained to stand the suspense of the unanswerable question any more than the lay mind, which will not accept hypothesis and theory, as tentative answers put forth like scaffolding for further intellectual construction.



Roosters permanently deformed by "Leg Weakness," a chicken disease analogous to human rickets. Both diseases are caused by a faulty diet which results in defective bone growth. In the specimens shown, the disease has been cured by an adequate diet, but the enlarged joints and crooked legs remain as a permanent deformity. The complete working out of the cause, prevention and cure of "leg weakness" in chickens will shed much light on the cause, prevention and cure of rickets in children. In neither case is it a simple matter, for present theory holds that three distinct dietary factors are involved.

If we scientists admit that we don't know or are not sure, then the layman is sure we know nothing. If we make mistakes about one thing and have to back water, he then assumes that the next new idea we put forth will be a mistake also—and half the time it will be.

A few years ago I was hired as a technical research worker for a small business whose chief claim to the confidence of its customers was that it was the oldest establishment in its field. Very foolishly the president of the company, knowing that I had a ready pen, asked me to write the advertising and sales literature. I wrote it from a scientist's and inventor's viewpoint. I made a big feature of the experimental work we were planning to do and the further progress in the industry we were going to achieve for the benefit of our customers. Did they like it? They did not! They had been buying that product because they thought it was perfect, and the fact that the company had hired a scientist to improve it was a confession that it was imperfect. So our customers turned their trade to rival concerns who made a cocksure claim to a finished and perfect product. I lost my job.

If Physical Culture Magazine depended upon its existence for the reader's faith in the positive and final correctness of everything printed in its pages I would deserve to lose my job now for admitting that there is anything yet to learn about the science of human nutrition. But I am going to take a chance on that and take you into my confidence and try to explain a little of the workings of the scientist's mind, of his difficulties in proving things, his effort at open-mindedness, his constant search for new truth and willingness to discard old theory when new facts are discovered. Once you get the spirit of the thing, you, too, will develop that progress-making attitude of mingled faith and scepticism, and be ready to accept the new theory pro tem. 'till a better one is discovered.

"Be not the first by whom the new is tried.
Nor yet the last to lay the old aside."

But somebody has got to be the first or nothing new would ever be tried. That's undeniable.

So let the rats and the chickens be the first, and you be the second. In other words, "We will try it on the pup" and if it doesn't kill him, we will try it on ourselves.

I thought I would call this article, "Science versus Nature." These are two gods at whose shrines we may worship—or we may eat what's set before us and ask no questions. The last policy is but the faith in a third god, named Custom or Convention. Most of us were reared in some sect of this last named cult—and there are thousands of such sects and millions of ways of interpreting its scriptures. Those who turn from Custom toward either Nature or Science, believe that they at least have a supreme god whose laws are universal and absolute if they can but find them out—but custom varies with geography. Custom is the bastard offspring of Nature and Science and reared in a found-

ling asylum with a thousand step-mothers of Prejudice, and Accident and Habit.

To phrase it another way, Custom is the bread of Nature thinly smeared with the butter of Science, spread on with the knife of Industry. The food that is set before you is what your grandmother ate, plus what your mother saw displayed at the Chicago World's Fair, plus what your wife sees advertised in the *Ladies' Home Journal*, or reads how to make in Mrs. Fanny Farmer's cook book. This sort of food may be better or may be worse than that which your grandmother or her grandmother or the Emperor Nero or the Cave men ate—but it is different.

The nature worshipers lay stress on the elements in which our food has grown worse, and sometimes the scientists prove they are right about it. The scientists lay stress on the ways in which our food has grown better, and sometimes the nature folks prove that they are wrong about it.

The pursuit of profits is a big factor in explaining why certain things are now customary. Science and invention find out new ways to make things and do things, and if these prove profitable then profit-getting folks teach it to the rest of us. Profits are and have always been notoriously unconcerned with the ultimate human good, and so we get different things, some better and others worse, as we journey away from nature.

Primitive agricultural scientists domesticated wheat and rice, which was a good thing for the human species. This was before any division of industry and it became profitable for some to grow food for themselves and others, while the others, freed from food growing, made books and automobiles and profited off the farmers. Other mechanical scientists invented reapers and it became profitable to manufacture and to use them, and also good for humanity. Then some other mechanical scientists developed white flour mills and rice polishers. It was profitable to use these because the clean white flour and the white clean rice looked good to the clean white ladies, and they paid for the same. But this element of scientific progress was anti-progress, for the white rice gave the Jap sailors the beri-beri and killed a lot of them and the white flour gave the English sailors the scurvy; and the American mill-workers the pellagra and killed them also, more or less and generally speaking.

So the nature worshipers said we had denatured the grain, and that God-a-mighty intended us to eat it with the shucks on, or that evolution evolved us with bellies to be filled with bran—and the scientist with his white rats says the white rice and white flour folks are wrong and the bran eaters and nature worshipers are right—this time.

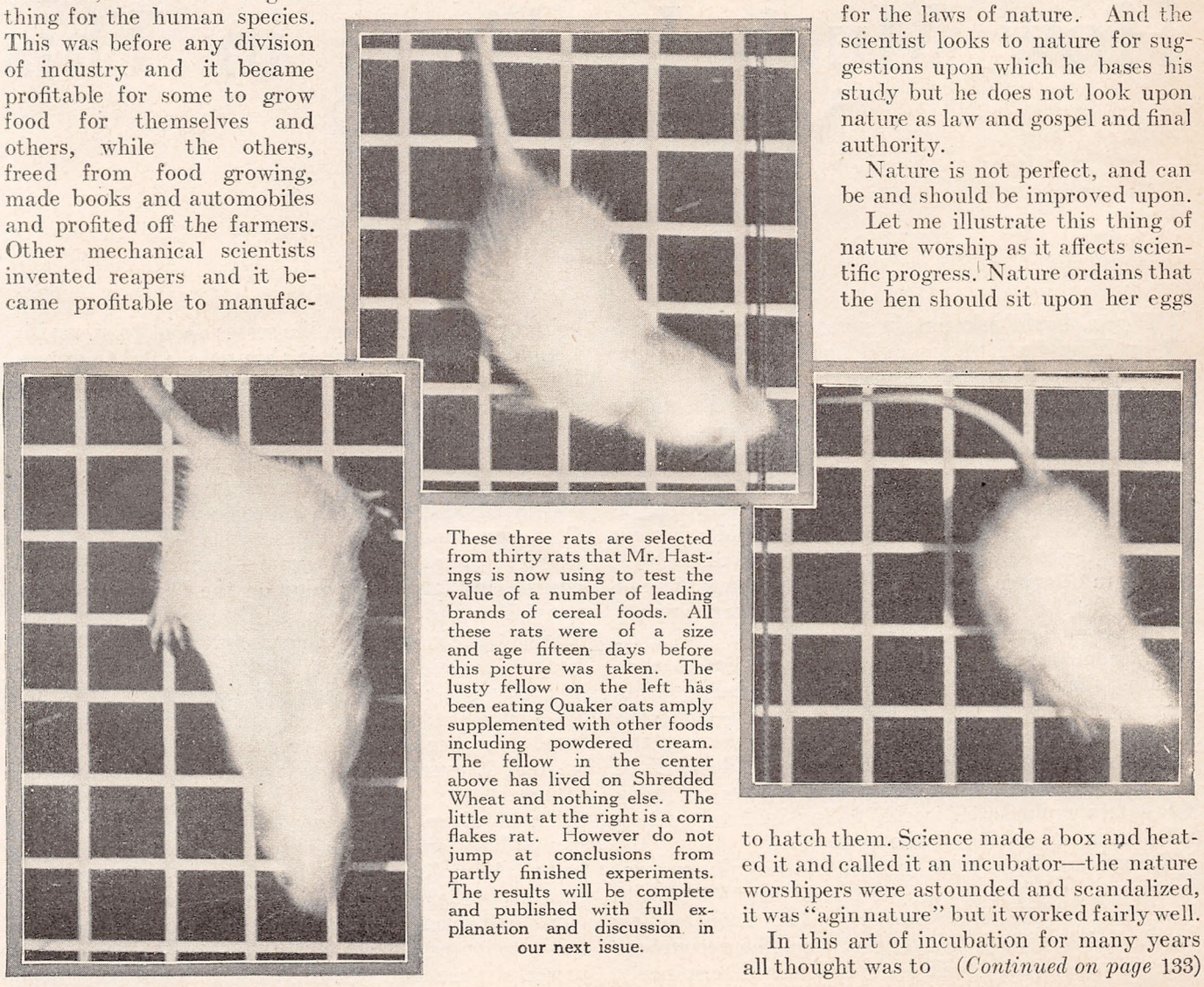
There's the difference—"this time," says the scientist, "you are right and we progressed the wrong way. We took off the bran which nature puts on and we made a mistake. But next time nature may be wrong and we may need to take off the bran and put something better in its place—so let's don't argue about it—let's go and find out. Bring on the test tubes and the rats or let the governor agree to pardon a bunch of criminals to serve as subjects for necessary experiments.

Science is knowledge obtained from known facts; it is sometimes defined as a search for the laws of nature. And the scientist looks to nature for suggestions upon which he bases his study but he does not look upon nature as law and gospel and final authority.

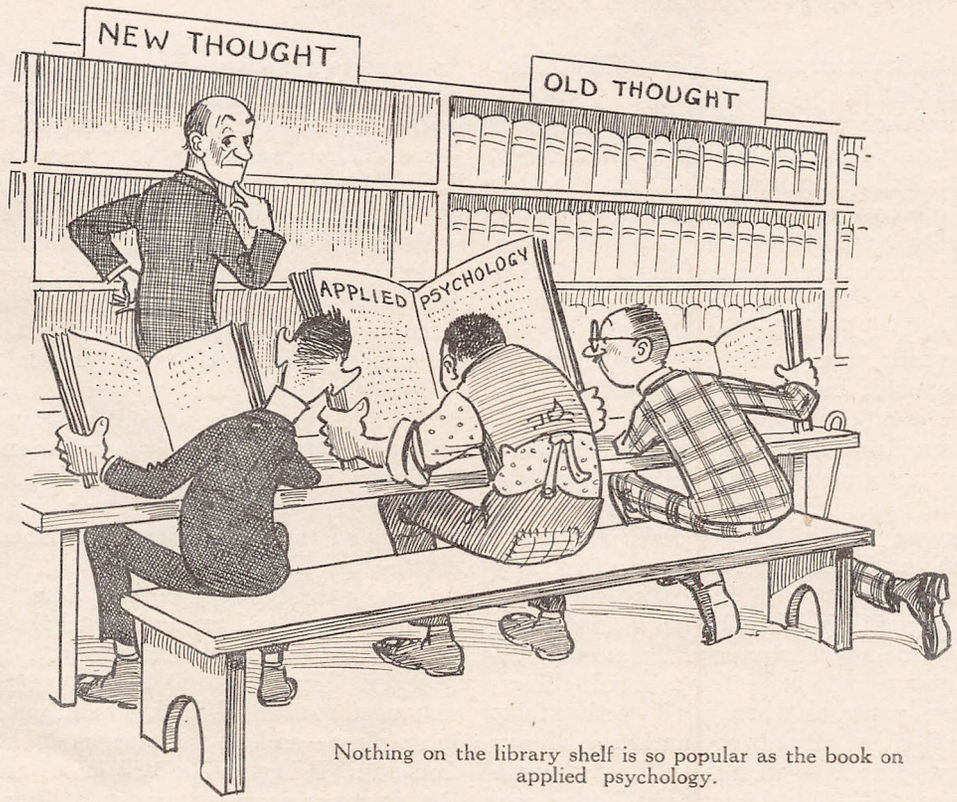
Nature is not perfect, and can be and should be improved upon.

Let me illustrate this thing of nature worship as it affects scientific progress. Nature ordains that the hen should sit upon her eggs to hatch them. Science made a box and heated it and called it an incubator—the nature worshipers were astounded and scandalized, it was "agin nature" but it worked fairly well.

In this art of incubation for many years all thought was to (*Continued on page* 133)



These three rats are selected from thirty rats that Mr. Hastings is now using to test the value of a number of leading brands of cereal foods. All these rats were of a size and age fifteen days before this picture was taken. The lusty fellow on the left has been eating Quaker oats amply supplemented with other foods including powdered cream. The fellow in the center above has lived on Shredded Wheat and nothing else. The little runt at the right is a corn flakes rat. However do not jump at conclusions from partly finished experiments. The results will be complete and published with full explanation and discussion in our next issue.



Nothing on the library shelf is so popular as the book on applied psychology.

How Much Is There in This Mental Stuff?

By Norah Martin

IF you should ask certain persons if they believed in Mind-Cure, they would reply in great disgust, "I certainly do not!"

Yet there is scarcely a man or woman who has not at some time or another experienced mind-cure. This may not have come through any definitely labeled source, but it was a mind-cure just the same.

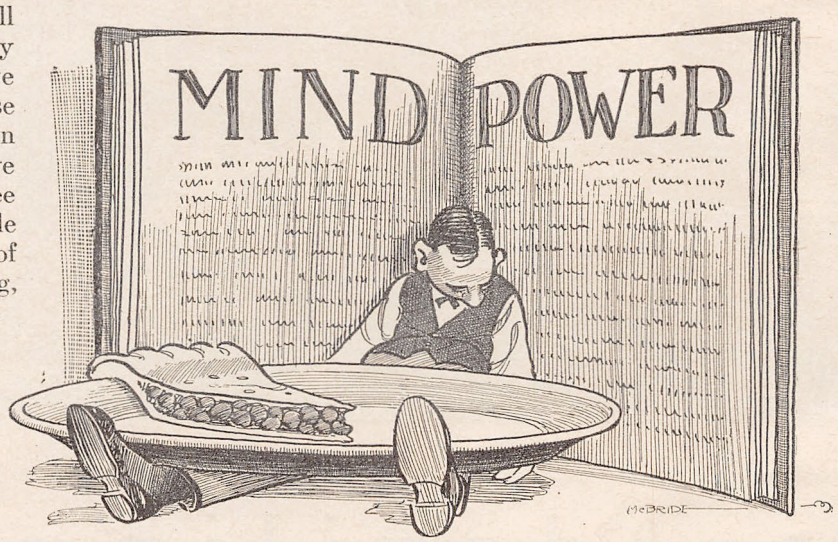
The ailment may have been a minor one—the fatigue or headache, blue spell or mood of irritability having been swiftly eliminated by an interesting book or play, a walk in congenial company or an absorbing piece of work. Or the trouble may have been deeper-seated or of longer duration—a case of nerves, say, with all the accompanying physical disturbance, a case of mental shock, a big disappointment, unhappiness, sorrow, fear or a settled habit of worry—the cure having been effected through the person having had "his mind taken off himself," through the demands of some great responsibility, the zest of a new job, going for a trip around the world, falling in love, getting religion or something of the sort.

Everyone who refuses to permit worry, hurry, resentment, jealousy or any other such emotion to rule his mind and life; everyone who insists upon looking on the bright side of things; everyone who encourages himself when things look dark, and who determinedly holds on to himself when life seems about to sweep him from his moorings—is giving himself mental treatment. Hundreds of my readers, I am confident, can bear witness to the fact that their resolute cultivation of sunny, confident attitudes of mind has brought them deliverance not only from worry, depression and unhappiness, but from a variety of resultant physical ailments.

Our public libraries are full of books on mind-power. On second thought, I take that back—these books can never be found in our libraries—they are among those chronically "out!" Nothing on the library shelf is so popular as the book on applied psychology, the New Thought book, or the personality or self-development book. The Librarian in the Public Library here in my own city told me not long ago that it was impossible for him to stock up with enough of this kind of literature. The bookstores have special shelves for it and we find it everywhere among our acquaintances and friends.

Those of us who have informed ourselves along mental lines, and who know some of the things that are being accomplished—not by charlatans or cranks or quacks or religious enthusiasts, but by eminent psychologists and scientists and reputable medical men—have come to entertain a real respect for the wonderful power of the mind. In the light of what has already

been discovered with regard to the subconscious, it is not surprising that the most extravagant views should be advanced in certain quarters, and that the most amazing future should be predicted. For even the conservative thinker is bound to ask himself, "Does man possess the power to transcend the physical plane? What about diet, exercise, fresh air? Are these as important as we have always thought? Will there arrive the day when we shall not have to bother with those pesky "settings-up" in the mornings, when we can drink all the coffee we want to, gobble down ten pieces of mince-pie at a sitting, not have to open the window at night, with the thermometer at ten below — not have to go to bed at all, if we would rather spend the night in some more attractive way?"



You cannot think yourself back to health while at the same time you eat anything you please.

He who is somewhat over-enthusiastic may attempt to put some of these theories into practise. For instance, perhaps he tries to work all day and half the night, leaves off his winter underwear, omits his daily constitutional, or abandons his breakfast of fruit and coffee for one of fruit, coffee, cereal, hot bread and ham and eggs. With dire results.

Somehow it hasn't worked. And his faith in mental means receives a severe setback, or at the least has a heavy crimp put in it. A few weeks or months back he went about buttonholing all his friends with, "Say, you know there's an *awful lot* in this mental stuff!"

Now he murmurs to himself a little dubiously, "There's a lot in this mental stuff—*but*—!" He has discovered that it has its limits, seemingly.

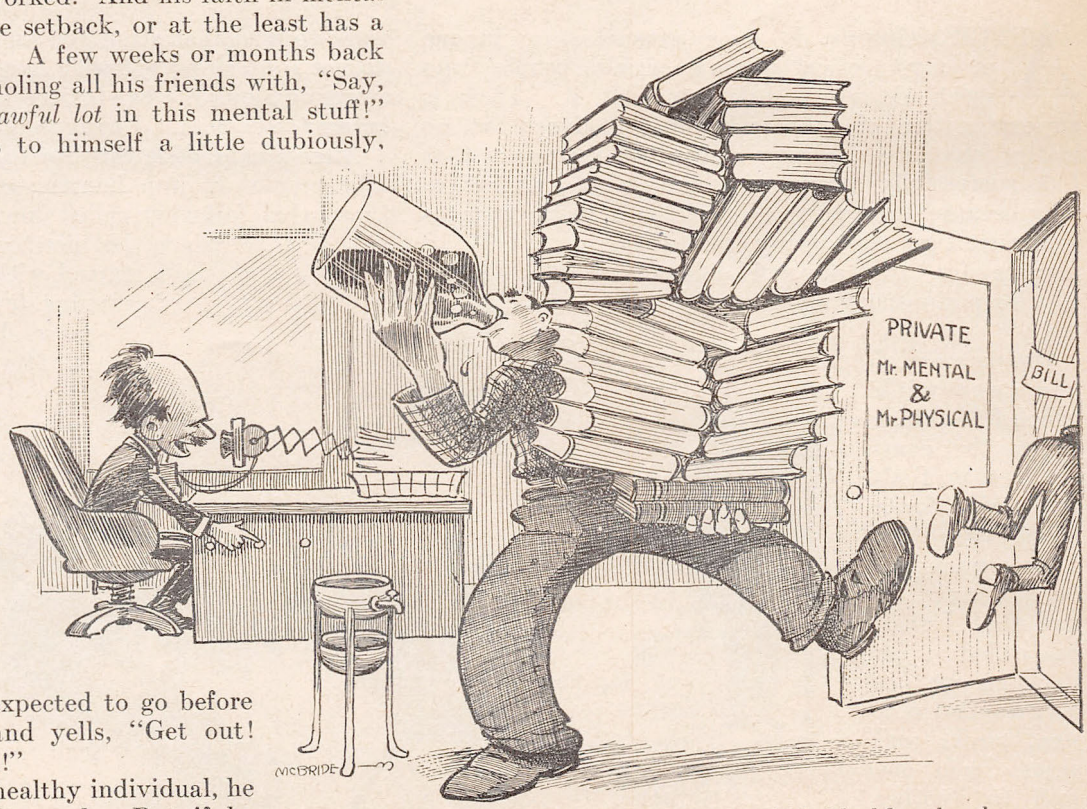
He has discovered something else — not only is it clear to him now that the mind has less power over the body than he has thought, but that *the body has more power over the mind* than he had happened to remember.

Now what does all this mean? Just how far can the mind be expected to go before the body steps in and yells, "Get out! You're on my domain!"

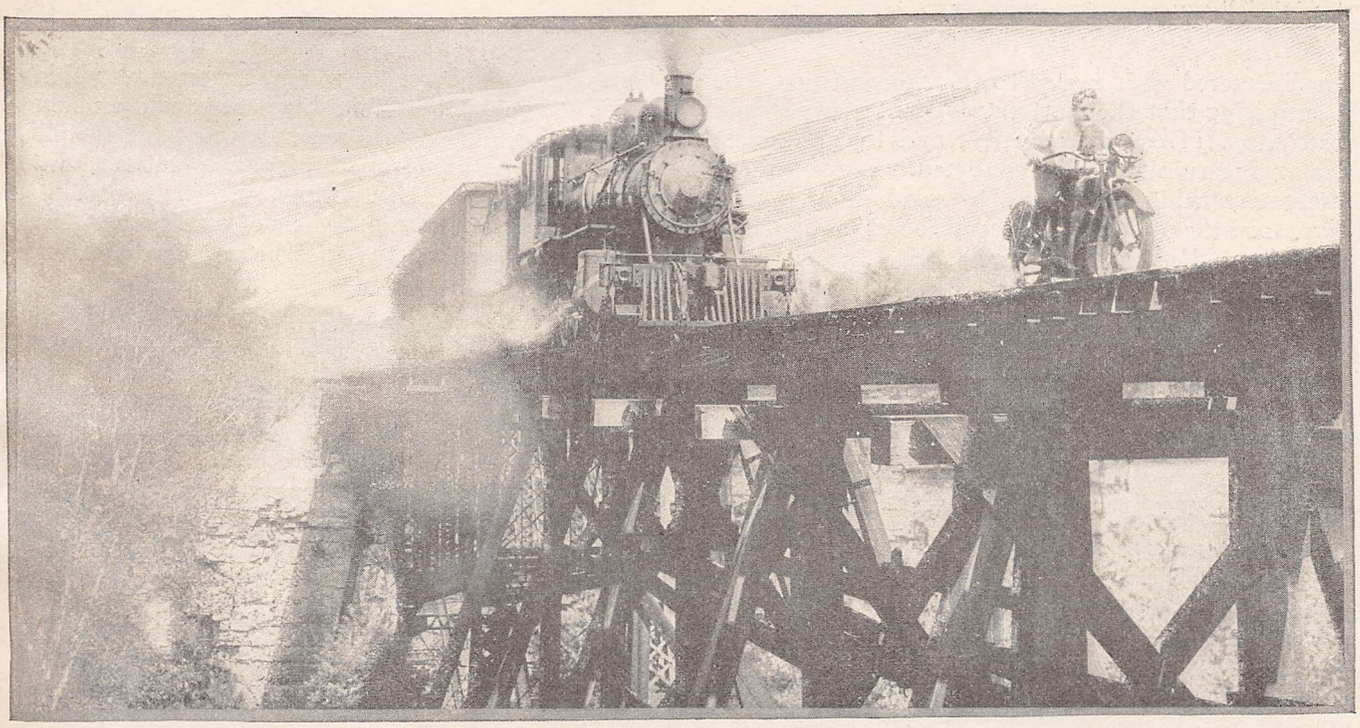
If he is a normally healthy individual, he won't bother about it much. But if he happens to be a nervous invalid or any other kind of chronic sufferer, to whom it means everything on earth to get well, at this stage there will probably sweep into his mind a vivid remembrance of all the pills and powders and liquids, baths, foods, operations, visits to specialists, stays at sanatoriums, electric treatments, X-Ray treatments, manipulations of osteopaths, chiropractors, naprapaths, etc., that have entered into his life within the last few months or years, the conflicting claims that have been made, the contradictory theories that have been advanced, and the very small amount of help he has gotten from it all, plus the large amount of money it has released from his pockets. And he is plumb discouraged, shrugs pessimistically and mutters,

"Nobody knows anything, anyway!"

Which is about the most sensible conclusion he could have reached. If more of our doctors, healers, "treaters," and manipulators would make this their professional motto, they would go a lot farther and do a lot better work. It is this narrow insistence upon the application of one pet method to every conceivable condition,—this stubborn refusal to think along new lines—which has always held (*Continued on page* 153)



It's like a business partnership in which Mr. Mental and Mr. Physical constitute the firm.



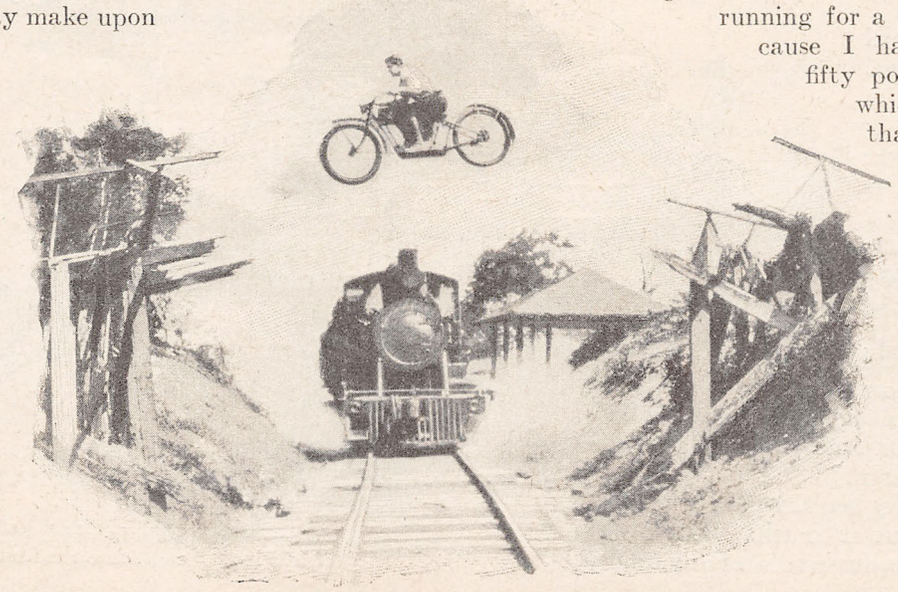
Daredeviling—
A Pure Matter of Training

By Charles Hutchinson

AFTER seeing me do some unusual stunt in one of my motion picture serials, people who meet me always ask how I do it. There is an explanation of how each thing is done; bvt no matter what it is, I always include the statement that I do successfully the many athletic feats I undertake only because I am physically fit. It is in the gymnasium that I get most of my exercise and prepare for any unusual demand which a picture may make upon me.

One secret of the ease with which I do things before the camera is that I always train for a little more than I am required to do. Suppose I find that I shall be called upon to hang by my hands from a steel girder and across from one wall to another that way. I point my gymnasium work toward that stunt for some time in advance. I do not content myself with hanging by my hands and swinging along the bar for the length of time I shall be before the camera. I hang weights on myself as I do it.

After I have done this one thing day after day with fifty pounds of iron hanging to me, I have no fear that I shall fail when called upon to do it in the studio. When the director shouts "Camera!" I get started with the feeling of a boy running for a swimming hole because I have been used to fifty pounds extra weight which isn't there now that a celluloid record is being made. This gives my work a lightness and spontaneity which spectators in the theater translate into that devil-may-care feeling which they like to associate with the hero of a motion picture serial.



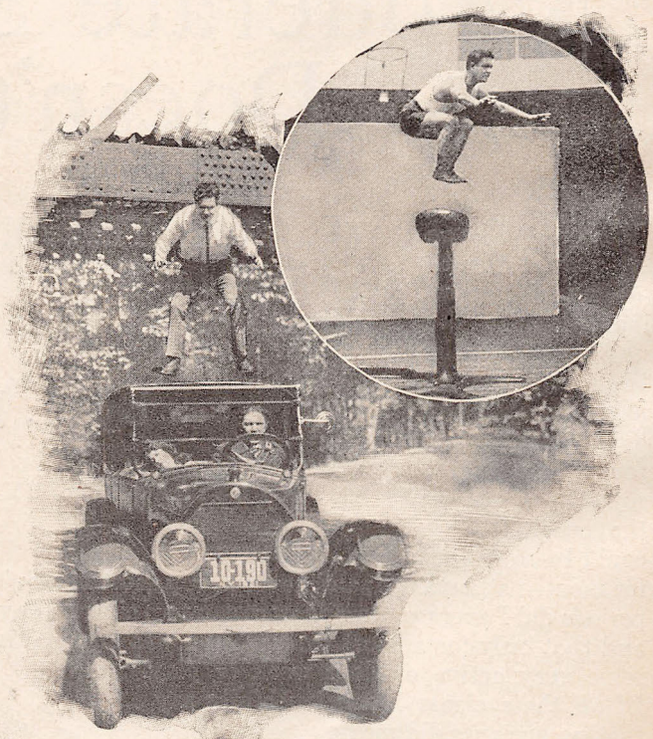
I go to the gymnasium with

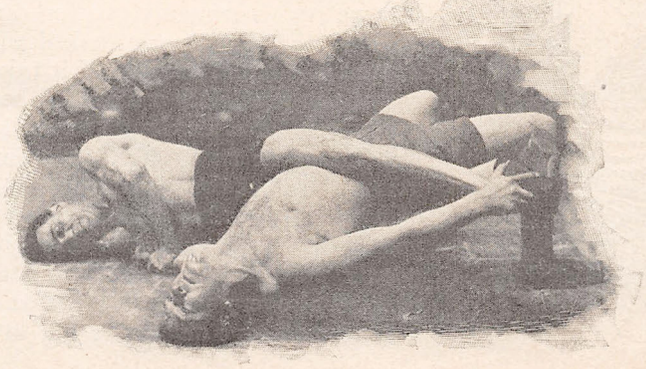
my trainer at least five days every week. Just at present I am getting ready for an unusual feature in my next serial. The plot requires that I hang by my toes from a window on the ninth floor of a building. Every time I go to the gymnasium now I hang by my toes from the bar, doing certain exercises in that position. Gradually I lengthen the time that I hang there. When the picture is taken I shall have accustomed myself so thoroughly to the strange position that I shall go through the scene without the least strain.

As I write my own scenarios I never give myself anything to do that I know cannot be accomplished legitimately. Of course most of the things I do could not be done without careful preparation. I am willing to train faithfully for months in the gymnasium to get the desired effect on the screen.

I never attempt the impossible in the gymnasium or before the camera, because there is no sense in being taken home on a shutter. I never "fake" a scene in a picture. If you show the impossible on the screen, it is bad art. The spectators are quick to see that a trick is being played on them. They are jolted out of their belief in the story as an exciting slice of life. That is fatal to any play.

The first thing at which I aim in my gymnasium work is all-around muscular development. I warm up with the weights and on the rings and the bar. Then for agility, general suppleness and the absolute co-ordination of all my muscles I play hand ball, pass the medicine ball and wrestle with my trainer. There is a mental stimulus about these contests which develops the alertness and confidence which one must have when one is confronted by some unexpected situation.





DID it ever occur to you to think of your prospective success in terms of "preparation?" Or have you fancied that you should succeed just because you were born that way? Of course the truth is two-sided. You have certain innate possibilities—but they must be developed. It seems that even in daredeviling success is largely, if not altogether, a matter of training. Would you do the hard work in preparation for your own success that "Hurricane Hutch," who tells this story here, forces himself to undergo in order that he may achieve the seemingly impossible? He says it's a matter of training. Of course he is essentially a remarkable character to start with, and yet it's also true—what he says about preparation.

While I do not get in as much road work as a prize fighter, I manage to jog several miles every few days; oftener if we are on location, for then I have the outdoors right at hand. I think nothing of running several miles before I get into the automobile on our way back to the hotel or studio. If we are doing studio work continuously I do my road work in Central Park. I find that it is a fine supplement to the gymnasium in keeping me from getting quickly winded when I am forced to extend myself in some physical effort before the camera.

In keeping fit for the work I do I cannot confine myself to the gymnasium or the road. I must ride a horse, swim, and ride a motorcycle, to say nothing of driving an automobile. Before the camera I must do all these things under unusual circumstances, generally at break-neck speed. When I am in an airplane the story calls for something more strenuous than piloting the machine, therefore I do (*Continued on page* 156)

"Moderate Smoking Doesn't Hurt *Me*"

That's What They All Say—Here Is an Honest Study of the Subject by a Moderate Smoker, Who Does Not "Kid" Himself About Its Effects

By A. F. Harlow

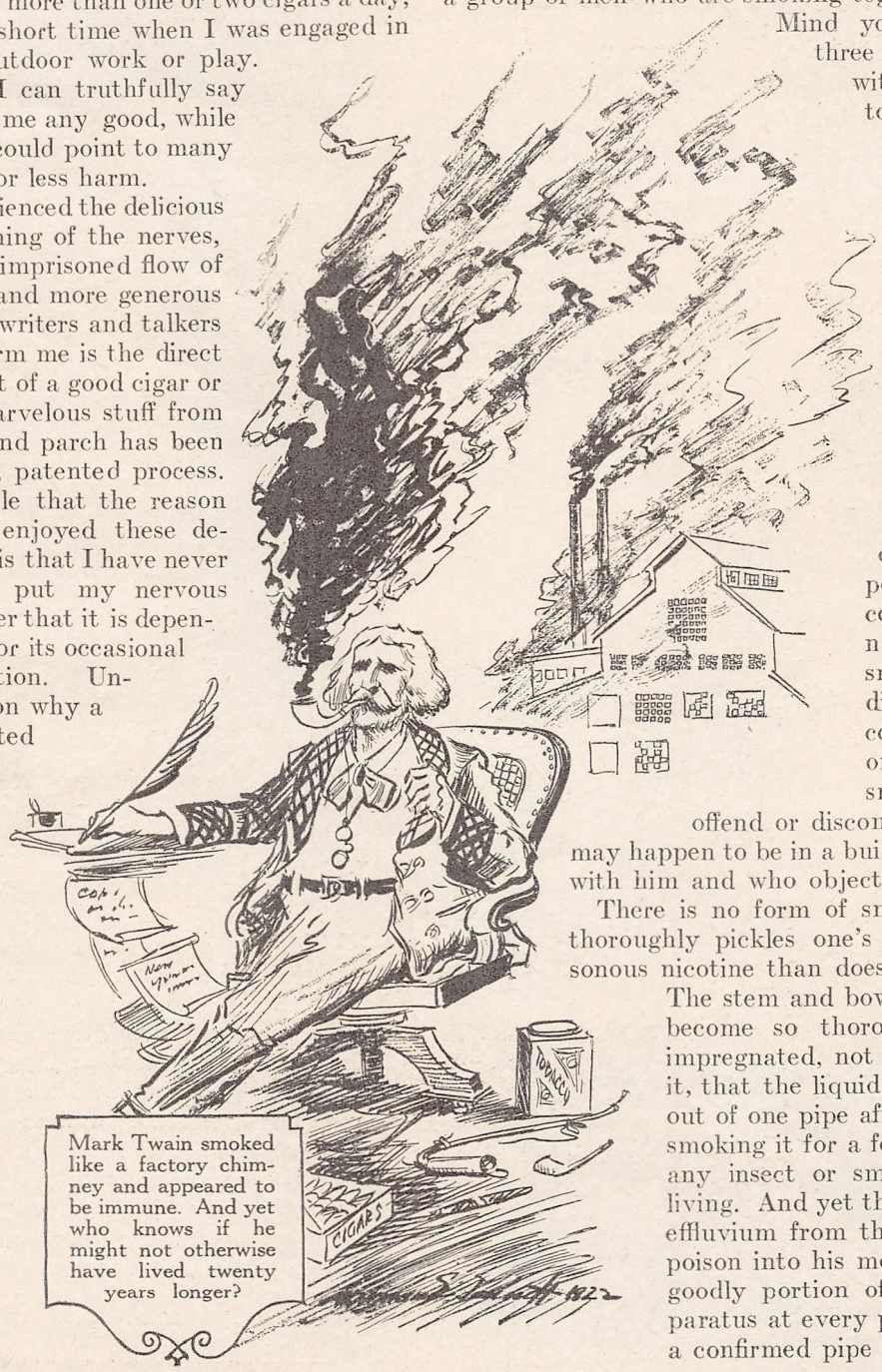
ILLUSTRATIONS BY NORMAN E. JEANETTE

IN order that we may start with no false premises, let it be understood at the beginning that I have smoked an occasional cigar for many years, sometimes ceasing the practice (if it could be so called) for months at a stretch; and never in my most nicotinic periods did I average more than one or two cigars a day, and that only for a short time when I was engaged in some very active outdoor work or play. Of all these cigars I can truthfully say that no one ever did me any good, while on the other hand I could point to many which did me more or less harm.

I have never experienced the delicious relaxation, the soothing of the nerves, the releasing of the imprisoned flow of thought, the larger and more generous vision, which many writers and talkers and advertisers inform me is the direct and immediate result of a good cigar or a pipeful of that marvelous stuff from which all the bite and parch has been cut out by a secret, patented process.

I think it probable that the reason why I have never enjoyed these delectable experiences is that I have never smoked enough to put my nervous system so out of kilter that it is dependent upon tobacco for its occasional and artificial relaxation. Undoubtedly, the reason why a tobacco toper is visited by those beautiful thoughts and sensations is closely akin to the reason why a "coke" fiend or an opium smoker enters into such celestial joys when his overwrought nervous organization, shrieking for a soporific, receives its shot of dope which drugs it back into relaxation and quiescence again.

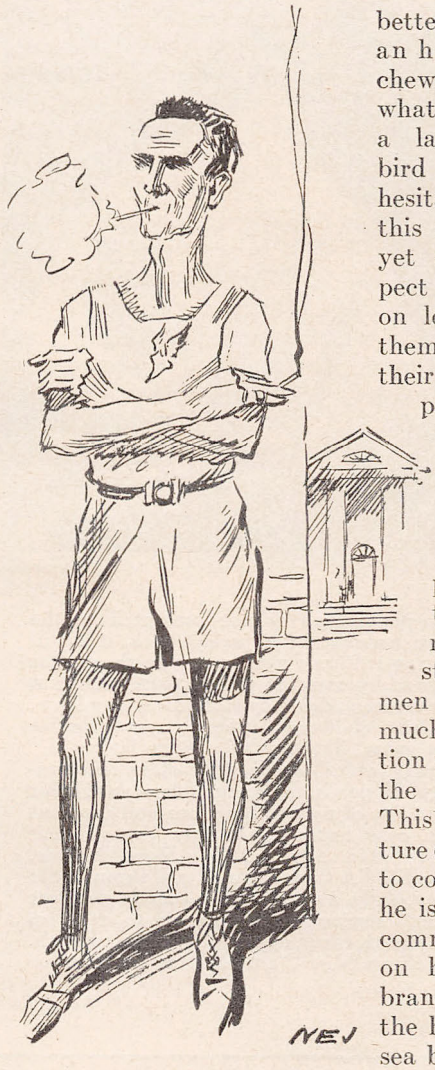
I can truthfully say that the only pleasure I have ever derived from smoking lay in the taste and fragrance of good, mild yet flavory tobacco; and to a certain extent I have fallen under the spell of the somewhat illusory feeling of good fellowship engendered in a group of men who are smoking together.



Mark Twain smoked like a factory chimney and appeared to be immune. And yet who knows if he might not otherwise have lived twenty years longer?

Mind you, I've tried all three kinds of smoking with an open mind as to their merits. To begin with, pipe smoking is a nuisance to nonsmokers. There are few things that smell much worse than an ancient pipe. It gives many people headaches, and actually makes some susceptible ones ill. And incidentally, one of the very important things to be considered in connection with the smoking habit is the displeasure and discomfort inflicted upon others by it. No smoker has a right to offend or discommode persons who may happen to be in a building or conveyance with him and who object to tobacco smoke.

There is no form of smoking which more thoroughly pickles one's inside in the poisonous nicotine than does the use of a pipe. The stem and bowl of the implement become so thoroughly coated and impregnated, not to say soaked with it, that the liquid essence of it taken out of one pipe after a man had been smoking it for a few hours would kill any insect or small bird or animal living. And yet the smoker draws the effluvium from that gummy mess of poison into his mouth and through a goodly portion of his breathing apparatus at every puff. The breath of a confirmed pipe smoker is but little



I have known a race to be lost because a runner sneaked out behind the house and smoked one surreptitious cigarette.

better than that of an habitual tobacco-chewer; and both somewhat resemble that of a large, bald-headed bird whose name I hesitate to mention in this connection. And yet those fellows expect their wives to go on loving and kissing them as heartily as if their breaths bore the perfume of sweet clover and violets.

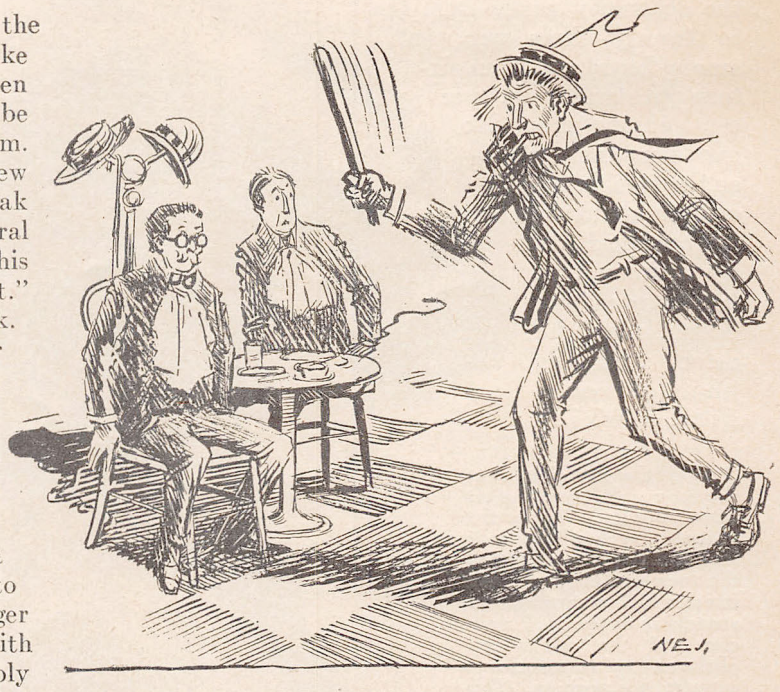
Practically every man or boy who begins pipe-smoking finds that it makes his mouth sore at the start. I have known men who suffered so much from this affection that they gave up the pipe altogether. This warning of nature ought to be enough to convince a man that he is at the very least committing an outrage on his mucous membrane; I say nothing of the headache and nausea by which the body warns amateur smokers of all kinds that they are taking a poison into the system.

One thing which indicates the debasement of the taste of a veteran pipe-smoker is that he doesn't like a new pipe; he doesn't enjoy it until it is "broken in," as he calls it; which means that it must be soaked with nicotine before it is satisfying to him. Mark Twain used to say that when he got a new pipe he always hired some worthless cuss to break it in for him. After it has been used for several months or years, the smoker will tell you that his old jimmy pipe (whatever that may be) is "sweet." Take my word for it, that adjective is pure bunk.

If you could induce every college boy and other young chap who is just learning to smoke a pipe to be perfectly honest with you when he begins the practice, he would admit that it is a disagreeable experience; that it brings a bitter, nasty taste, that it scorches and stings his tongue and leaves a flavor in his mouth as if someone had just burned the sweepings of a mattress factory in it. The taste for it is harder to acquire than that for olives or caviar or Limburger cheese. Yet many a boy takes it up and sticks with it until it becomes more or less his master simply because he fancies that it makes a real he-man out of him. As the rustic greenhorn who had just matriculated as a freshman in George Ade's play, "The College Widow," remarked very dolefully about cigarettes, "Gives me a headache to smoke 'em—but I s'pose I'll have to learn!"

Cigarettes seem to be the most insidious in their action of all forms of smoking. They are such little and inexpensive things that one doesn't realize how many one is using until the daily number has grown enormously; and when once the habit is fixed, it seems to have almost as fearful a hold as cocaine or opium. Cigarettes were getting to be pretty well outlawed by most business concerns who employed large numbers of men before the Big War began. The war set us back at least twenty years in that as well as in other respects. The result is that a good many men —and some women—have had some pretty rough times with their nerves during the four years since the Armistice, and much of it has been attributed to "shell shock," "dreadful experiences in the trenches," and so on, when a goodly portion of the blame should rightfully be laid on the vicious little cigarette so kindly handed to the soldiers by the million by well-meaning friends and patriots.

I find the kind of smoking that is least harmful to the smoker and least objectionable to the non-smoker to be an occasional mild cigar. But even cigars should be taken in great moderation, especially by those who are not doing rough manual labor and therefore do not throw off the poison as freely as the husky who sweats every day. Piers the Plowman, Lafe the Logger and Clem the Cowboy can eat, drink coffee and smoke about four times as much as the average white collar boy, and they can usually get away with it. Because of their hard labor they require more food, and their systems eliminate poisons and waste matter much more rapidly than does that of the fellow who holds down an office chair all day long. Even at that, many of them damage their digestions and nerves by intemperance in eating and smoking. You city people would be astounded to (*Continued on page 72*)



The case of the New York plain-clothesman who ran amuck in a restaurant and beat up everybody in the place. "Toxic delirium resulting from alcoholism or excessive cigarette smoking," said the doctors at Bellevue Hospital. The man was not a heavy drinker but smoked cigarettes in great quantities.

Ballet Exercises Gave Her a New Back

A Dancing Teacher Succeeded, Where the Doctors Failed, in This Case of a Hopeless Double "S" Curvature of the Spine

By Frederick MacDowell

WHILE this photograph is not presented to the reader as an example of a perfect back, it is still the most convincing evidence ever known to show what can be accomplished by exercises in the improvement in an utterly hopeless case, judging by all medical standards. Miss M— C—, from childhood, suffered from a double curvature of the spine, like that of a huge letter "S," growing continually worse as she grew older and producing deformity of pelvis, hips, shoulders and other parts, with suspension of normal functions and constant pain. It was a case baffling not only doctors, but chiropractors. At this point, Mlle. Rosa Munde, ballet dancer, took Miss C as a pupil and through the practice of the specially selected ballet exercises almost straightened Miss C's spine and enabled her to stand up and do her work and to enjoy, apparently, perfect health. The photograph shows Miss C's back after ten months' training.

AFTER more than two thousand years of total failure to cure, or even benefit, scoliosis, or lateral curvature of the spine, the medical profession confesses in sundry books and periodicals intended only for professional eyes that it can do nothing for this deformity.

Now comes Mlle. Rosa Munde, ballet dancer, who without making any promises whatever actually does increase the height of a very badly deformed pupil—note that the unfortunate is a "pupil," not a "patient,"—one and five-eighths inches in six months by giving two lessons a week. This increase in height means that the spine has been straightened enough to produce it, which also means a very marked improvement in the figure and a much greater improvement in the general health of the pupil.

All this is of special interest to many, for scoliosis is far more common than is generally known. Statistics show that in Europe the deformity varies from ten to twenty-three per cent. among boys, and from sixteen to twenty-six per cent. among girls. No one seems to have taken the trouble to gather data about America, but the deformity is known to be common. Sometimes the defect and the physical condition which makes it possible are severe enough to affect general health and efficiency without being conspicuous.

One of the exercises that she was able to do after three months. Note the raised heel of the front foot and the turning out of the toes and the stiff rigid knees which compelled the stretching of the back muscles and the contracting of the abdominal muscles to support this position. This is a splendid exercise for any healthy person, as you will find if you do it with the knees straight and the toes turned out, as shown.

Perhaps the most remarkable thing about lateral curvature of the spine is that while Hippocrates described his attempts to relieve the deformity four centuries before Christ the medical profession has made no progress whatever since then in its treatment, while the majority confess that they do not even know the causes. Dr. Leonard W. Ely, of New York, who may be accepted as spokesman for the majority says that usually no cause can be found; that the deformity is generally discovered about puberty and that it is more common in girls than in boys. When Dr. Ely was in charge of the Vanderbilt Clinic he says he had eyes corrected and noses drilled out and followed up all sorts of clues, at last making up his mind that "for the present we must put the deformity in the category of varicose veins, hernia and flatfoot caused by the habit of the human animal of standing on its hind legs."

In a book he published six years ago, Dr. Robert W. Lovett, Professor of Orthopedic

Surgery at Harvard Medical School and Surgeon-in-Chief of the Massachusetts Hospital School, proposed methods of treament for lateral curvature of the spine identical, in effect but not in form, with those followed by Hippocrates, two thousand three hundred years ago.

Such was the state of the healing art eight years ago when the parents of M— C—, of New York City, aged twelve years, first took her to a doctor in the hope of having her spine, which had been growing more and more curved since she had had a bad fall a few months previously, straightened. Her first experience was with the Vanderbilt Clinic, already mentioned. Dr. Ely had written about spinal curvature for a medical journal:

"Prognosis—Bad, as regards the prospect of ever having a straight spine. When once a rotation has taken place we can not remove it by any system. We can say that with proper treatment the deformity will probably grow no worse,

This photograph in particular demonstrates the improvement in Miss M. C's condition, inasmuch as it is a most difficult position for anyone, not to speak of a girl having had hopeless spinal curvature. To hold one leg out horizontally with the body erect and at this angle indicates an unusually splendid muscular development, particularly if executed as shown with the toes turned out, involving muscles usually dormant. You will find it a good exercise in itself. It probably shows more clearly than any other positions what can be achieved by the intelligent use of these little known ballet exercises.

Most systems of physical culture emphasize the bending forward of the body in various movements. It is important that any system of training should include considerable backward bending—an important movement used in improving the condition of Miss M. C. One commences the exercise by turning out the toes which has much to do with bringing into play many unused muscles. The back foot slides backward to this position keeping the back knee perfectly straight until this position of the legs is arrived at, the front knee bent, the other knee straight. At this point, the backward bend is slowly accomplished. All done slowly, or adagio. Although corrective in spinal curvature, it is equally beneficial to healthy persons.

and that it may be somewhat improved; but that is all."

Little M—, and her parents were told nothing of this. Instead, she was put on the Teschner treatment, invented by Dr. Teschner, of New York, who described it in the New York Medical Journal for May 23, 1896 as follows:

"My treatment is founded on the belief that the want of equlibrium of the muscles on either side of the spinal column in scoliosis is caused by a weakened, or rudimentary condition, not only of the muscles of the back, but of the muscular system in general; and that to benefit such patients, therefore, it is necessary that the muscles of the entire body should be developed, educated and strengthened to the fullest extent. All supporting or immobilizing appliances should be dispensed with, as they interfere with mobility and thus by weakening the muscles of the back, chest and abdomen counteract the effects gained by treatment."

So far Dr. Teschner propounds the only intelligent theory concerning the cause of, and proper treatment for, scoliosis produced by the medical profession in twenty-three centuries. But in the treatment proposed he harks right back in effect, though not in form, to Hippocrates. He proposed to strengthen rudimentary or weakened muscles by exercise with bumbbells, not merely with light ones, but also with those weighing from five to eighty pounds and with steel bars and bar bells weighing up to one hundred and twelve pounds! Fancy a deformed, debilitated unfortunate toying with one hundred and twelve pound bar bells!

Little M— was given Indian clubs instead of dumbbells to strengthen a muscular system that was too weak to hold her erect. She swung them, with the result that both wrists were promptly dislocated. That ended her experience with the Vanderbilt Clinic.

As soon as she had recovered sufficiently she was taken to another doctor. After he had demonstrated his inability to afford any (*Continued on page* 149)

Glint of Wings

The Story af a Modern Girl Who Wanted Her Liberty—and Got It

By Cleveland Moffett *and* Virginia Hall

ILLUSTRATIONS BY HAROLD T. DENISON

CHAPTER X

IN WHICH STANLEY CALLS ON PATRICIA'S FATHER

A FEW days later while Newton Lydig was at work in the Pasadena home (he had taken Patricia's little apartment as his office and many of her books and pictures were still where she had left them) the telephone rang and the novelist was informed that a Mr. Creighton wished to see him. He could not place this person at first, but presently remembered a novel of unusual promise, "Brute and Angel" by Arthur S. Creighton, a young author who had sent his first book to Lydig a couple of years ago in New York, in the hope that he would find in it something worthy of commendation. Which the veteran writer did. It was Arthur S. Creighton who was calling now, and he was asked to come up.

As soon as Lydig caught sight of this young fellow he liked him. A face of rugged homeliness, but full of power and individuality. Trustworthy, but vaguely formidable—a man to drive ahead relentlessly after his own ambition and purposes, yet kindly in the main. A fine physical specimen—tanned like a sailor, strong as a mountaineer. He had thick reddish hair.

"Well," smiled the older man, "literary work doesn't seem to have hurt you."

Creighton answered with embarrassment, and, as they talked, Lydig noticed in his caller a vague uneasiness as if he had something on his mind that he wanted to express, but could not. Several times his eyes lingered on Patricia's picture there on the desk beside a vase of California poppies.

At a reference to his novel the young man said that Lydig's words of praise had lifted him up to the clouds, had made him feel like poor Walt Whitman when he got that letter from Emerson.

"I hope the book sold well?"

"No, it didn't," the visitor shook back his hair with a characteristic gesture. "But never mind, I'll get square later on. What troubles me is—er—"

Then awkwardly he came to the reason for his call which was in connection with some very lucrative work in the movies that he had been doing for the past two years. His problem was one that disturbs all writing men these days—the motion picture lure. The question was should he go on with this movie work in spite of its inartistic, not to say trashy, character, and renew an extraordinarily advantageous contract—two thousand dollars a week!—or should he go back to the serious writing that he aspired to do—and a modest income? Perhaps Lydig had a subconscious intuition that they were approaching a dramatic situation. At any rate he gave careful attention to the talk that followed.

"How old are you?" he asked.

"Twenty-seven."

The questioner felt a pang of envy as he remembered what he was at twenty-seven—a talented, rather ill-regulated newspaper man in Paris, full of vague projects for the future—books to be written, plays to be written—*someday!* But in the main intensely or indolently occupied with day-by-day pleasures and excitements. Would he at twenty-seven have seriously considered giving up two thousand dollars a week or two hundred dollars a week (as a matter of fact he had never earned more than one hundred dollars a week in Paris!) for the sake of some fine piece of work that he hoped to accomplish? Alas, no!

Lydig got up and walked restlessly about the room.

Picking Up the Thread of the Story

THE typical modern girl early asserts her independence. Conventionalities bore her. She yearns for "self-expression." And she is a sore trial to many a parent. Patricia Lydig is thus constituted. Her father, a celebrated novelist, opposing her desire for a career in New York, has brought her to California.

While brooding on the verandah of the Inn, Patricia receives a passionate love letter from a total stranger. Later, on a solitary moonlight hike, she is frightened by a mountain animal and rescued by Stanley Matthews, the writer of the letter, —a masterful, red-headed man, who does hero stunts for moving picture serial thrillers. Other clandestine meetings follow, culminating in their elopement and marriage. Patricia learns that her name is now Mrs. Arthur Stanley Creighton. Her first step into liberty is to have her hair "bobbed," greatly to the disapproval of her husband. For a while, after their brief honeymoon, Matthews continues in his movie work, and then, to the chagrin of Patricia, announces his intention of retiring from the screen and devoting himself to writing in a quiet retreat in California.

"With all this money that you've been making, you must have saved something?" he remarked.

"I've saved forty thousand dollars. That's the best I could do. I had debts to pay—my father's debts—a matter of honor. That's why I took up movie work."

There was a look in his eyes that gave the older man a queer sense of responsibility. After all Arthur S. Creighton was nothing to him. Why should he take his problems to heart? But he did, and he listened with particular interest for the answer to another question that he shot forth (knowing its importance), a question that seemed to throw Creighton into confusion, for he colored and fidgeted as Lydig asked:

"Are you married?"

"Yes, I am. That's the point. If I weren't married I shouldn't hesitate a moment. I'd give up the movie game and write books; but. . . . "

"You mean your wife wants luxuries—money?"

"Yes."

Of course the father thought of Patricia now, but by some strange obtuseness he never once connected her with his visitor.

"It will be quite a come-down for your wife, won't it?"

"Yes."

"It will mean simpler living?"

"Much simpler."

"Before I answer your question, I'll have to talk a little. Mr. Creighton," he proceeded, "I'm not exactly a fatalist, I admit the possibility of a man's surpassing himself, as it were, especially a young man; but it's improbable. For the most part we humans strike a certain gait of accomplishment and keep to that gait. We *can't* do any better, no matter how much we would like to. Furthermore, the things we do best are usually the things we do easily. In your case you see yourself writing novels—big novels, don't you?"

"Well—yes."

"Of course you do. So does every newspaper man, every magazine writer. He imagines himself a Charles Dickens. He dreams of what he would do if he only dared to cut loose from the drudgery that is enslaving him. But the chances are he would write poor novels. Or poor plays. The chances are that newspaper work or magazine work is the most suitable field for his talents, as long as he only *dreams* of changing."

Creighton squinted his eyes in a puzzled frown. "You mean—" he began, but the other cut him short.

"Wait! We are all dreamers. I dream of writing better novels. Every year I promise myself not to let my work be handicapped any longer by mercenary considerations. I'll dig out the biggest thing in me and write that, regardless of popularity, or royalties or anything else. But I don't do it. I keep on writing the same old *safe* stuff that has brought me in a good income for years. Most novelists are like that. In our hearts we think we could do better, *but we don't!* And it's doubtful if we could. If we could, we would, we'd be compelled to by the creative urge within us."

"You think I'd better stay in the pictures?"

"Unless you're sure you are an exception to the rule—yes. You may be an exception, there are exceptions, occasional exceptions—in every line. Graham Bell breaks away from school-teaching and invents the telephone. The Wright brothers kick over the traces of some hum-drum calling and show the world how to fly. Madame Curie discovers radium. Walt Whitman writes the 'Leaves of Grass.' It's possible but—are you sure? You've written one novel and it didn't set any rivers on fire, did it? Besides—" he hesitated, not wishing to hurt the young man's feelings.

"Go on. Please!"

"Look here, Pat. I say it's up to you to see that this house is better managed"

"If you really had in you the making of a great novelist—there's no use adding to the crop of second-rate or third-rate novels, is there?—you'd have broken loose already. You wouldn't be here asking my advice. You would have decided your literary destiny for yourself. Nothing could have kept you at motion picture serials, if you felt the power of a first-class novelist burning within you."

"You're wrong, sir," the young fellow answered quietly. "The necessity of paying a debt of honor could have kept me at it—until the debt was paid."

"Well, yes, I see that."

"And as to saying that the average man does the best work he's capable of doing, I don't believe it. The average man doesn't begin to do what he might do. Take our American writers. Do you mean to tell me they couldn't make a better showing? Of course they could. You admitted it just now when you spoke of your own aspirations. You might realize them—all you big fellows who have made reputations could realize them, if you didn't care so damned much about—" He checked himself at the beginning of a fiery outburst.

"About what?"

"Oh, about living in expensive apartments, and riding around in limousines and—I suppose you think me a cheeky young cub to criticize my elders and betters like this, but—"

"Go on! Let us have it."

"I feel sore about this, Mr. Lydig. It fills me with rage to think what a measly impression our American novelists make in the world. Why must we always be kow-towing to English novelists? Why haven't we any writers over here as distinguished as Kipling or Barrie or H. G. Wells, or even that sickening mountebank Bernard Shaw? It's no use pretending we have, for we haven't. Why not? I'll tell you why—you said it yourself, it's because we play safe all the time. We are crazy to be successful, to write best sellers, to pile up royalties—money."

"It's the spirit of the age."

"Well, it's a rotten spirit that has never made for art. I've been fed up on it in the movies. *Reclame!* A writer ought to be a consecrated person, living to express great ideas. If he can't be that he might as well go into the chewing-gum business. But what do we see? Look at our novelists! Our playwrights! Where do they get their inspiration? I'll tell you—from the press-agent, the box office. Watch 'em strutting about at banquets, tea-parties, women's clubs . . . shaking hands like politicians . . . full of poses . . . thinking about the speech they are going to make and hoping to God the newspapers will print it—which they usually don't. Excuse me, sir."

Lydig laughed and acknowledged that there was truth in this.

"What would you have us do?"

"Do?" Creighton flashed back recklessly. "I'd have a writer search into his heart or soul or wherever he keeps his treasure and spit it out without fussing so much about style. Style! Good Lord! A man's style will take care of itself, if he has anything to say that's worth saying. If he hasn't, he'd better not write. What's the use of being so damned clever and subtle when the stuff has no value? Did Lincoln try to be clever when he wrote the Gettysburg address? Did he worry about his style? He did not, but he said something that will be remembered after all the books of all the word-magicians and beauty-worshippers have been forgotten."

"Don't you worship beauty?"

"For its own sake? No sir! I worship beauty when it clothes great thoughts, stirs noble emotions . . . faith . . . courage; not a vague sensuous beauty like an opium dream. I worship the beauty of Victor Hugo. I'd rather have written 'Les Miserables' than anything in English literature. . . . "

More and more, as Lydig listened, he felt himself stirred, captivated by the courage of this young barbarian.

"The trouble with American writers," Creighton swept on, "is that they're always imitating this man or that man, usually some damned Englishman who succeeded because he imitated nobody. We haven't the courage to be ourselves, but we might have it. Mark Twain had it. O. Henry had it. So did that corking old Walt Whitman. And Edgar Allan Poe. I say if an artist can't be himself, he can't be anything."

Patricia's father was kindling now in this blaze of enthusiasm. He forgot his own objections, he went back to the time when he had thrilled under the urge of these very same feelings and aspirations, to the time before he had surrendered to expediency and become a compromiser. He was suddenly ashamed of himself and of his mediocre work.

"I hope I didn't offend you," he apologized, "by saying that if you had the making of a novelist in you, you'd have left the movies of your own accord. That was rather a sweeping assertion and—"

"I *have* left the movies," Creighton interrupted sharply. "I began a novel several weeks ago. I expect to go ahead with it and finish it, unless . . . "

Lydig interrupted him: "Don't say any more. You're right, my boy. I agree with you. For God's sake don't commercialize yourself. Keep to your big ambition, even if it means sacrifice. Consecrate yourself, as you said just now, to the best that's in you and—"

"Wait!"

"What's the matter? What are you keeping back?"

"My—my wife."

"If your wife amounts to anything, she'll make the fight with you—she'll be glad to. I tell you art is based on sacrifice. She'll understand that, if she loves you . . . and if she doesn't, if she isn't fine enough to understand, then my advice to you is—"

Stanley cut the speaker short with a swift thrust of his hand.

"Stop!" he cried. "You don't understand. I—I've been trying to tell you, but—I couldn't. My wife is—she's your daughter—Patricia!"

CHAPTER XI

Man to Man

One never knows in advance how one will react to a startling surprise—a sudden peril, a great joy. Once Lydig had been awakened in the night by a burglar and all he did was to sit up good naturedly and stare at him, calling out "Hello!", which so astonished the fellow that he dived out through an open window and took to his heels. Now in the face of Creighton's revelation, the novelist simply said: "I see!"

Naturally he was inclined to blame Stanley for not

declaring straight out who he was when he first came in, instead of dissimulating; but when the father saw how disturbed his young friend was, how regretful for the false position he had placed them both in, he had not the heart to press his advantage. Already they were on good terms and they remained so, Lydig's only expressed grievance against his son-in-law being the elopement. Why had he not come frankly to the parents and asked their consent?

"My only justification is that I loved her, and—was afraid of losing her," answered the young man with disarming penitence. "You see she was wavering, she wasn't sure that she loved me. She isn't yet."

The father's face clouded. "Is it possible you have taken the responsibility of settling my daughter's future without being sure she loves you?"

"Yes, I have. Somebody has to do it—somebody in her own generation. Patricia is a wonderful girl, but she's like a thoroughbred colt that's been running wild and will hurt herself—kick everything to pieces—unless she's trained."

"Trained?"

"That's a rough word. I don't mean it that way. I mean that I can help her—against herself—better than anybody else, because I—" he bit his lips nervously, "I care so much. I'm ready to take any amount of trouble. I'll do whatever is necessary. I'm not going to lose her. That's why I've put this money thing up to you, sir. As far as my literary reputation goes, I don't give a hang, that's secondary to Patricia. She comes first. I'll stay in the movies all my life, if it's better for her. But I don't believe it is. I believe it's better for her to come down to earth, to face life, to bear part of the burden that's put upon all of us. On the other hand I may be mistaken. If I am, I want you to tell me. That's why I'm here."

Again Lydig was tempted to become acrimonious when he reflected that his son-in-law had led him to commit himself in regard to the financial question before revealing his identity. That was not quite fair. On the other hand it was so evident that Stanley meant to do right—his honest countenance left no doubt on that point — that the father put a good face on the matter, and, smiling, held out his hand.

"There, my boy! We all make mistakes. The main point is," he added with a searching look, "I feel that you are sincere, Creighton, I *know* you are."

"Thank you, sir."

They talked for an hour, man to man, and Creighton explained as well as he could, Patsy's aloofness from her parents, admitting without disloyalty to her, that she had a prideful spirit.

"She is angry because she is in the wrong," declared the father. "She knows she ought to have come to see me and her mother. By the way, does she know you have come?"

"No, sir."

"Ah!"

"I assure you it grieves her not to come, she hates to be unkind, but she just can't—yet. Especially—" his face brightened with a mischievous gleam, "when she isn't quite sure whether this wonderful, soul-satisfying liberty thing, that she's been so crazy about is going to materialize in the way she thought. I tell her liberty is an eternal illusion, something we all dream of, but never get."

"That's true."

"Pat is all the time afraid someone will put something over on her—it used to be you, now it's me. You've heard her talk, sir."

"Yes," dryly. "I thought marriage would change all that. I thought *love* would—"

"Love!" the young man repeated. "Pat's got to find out first what love really is."

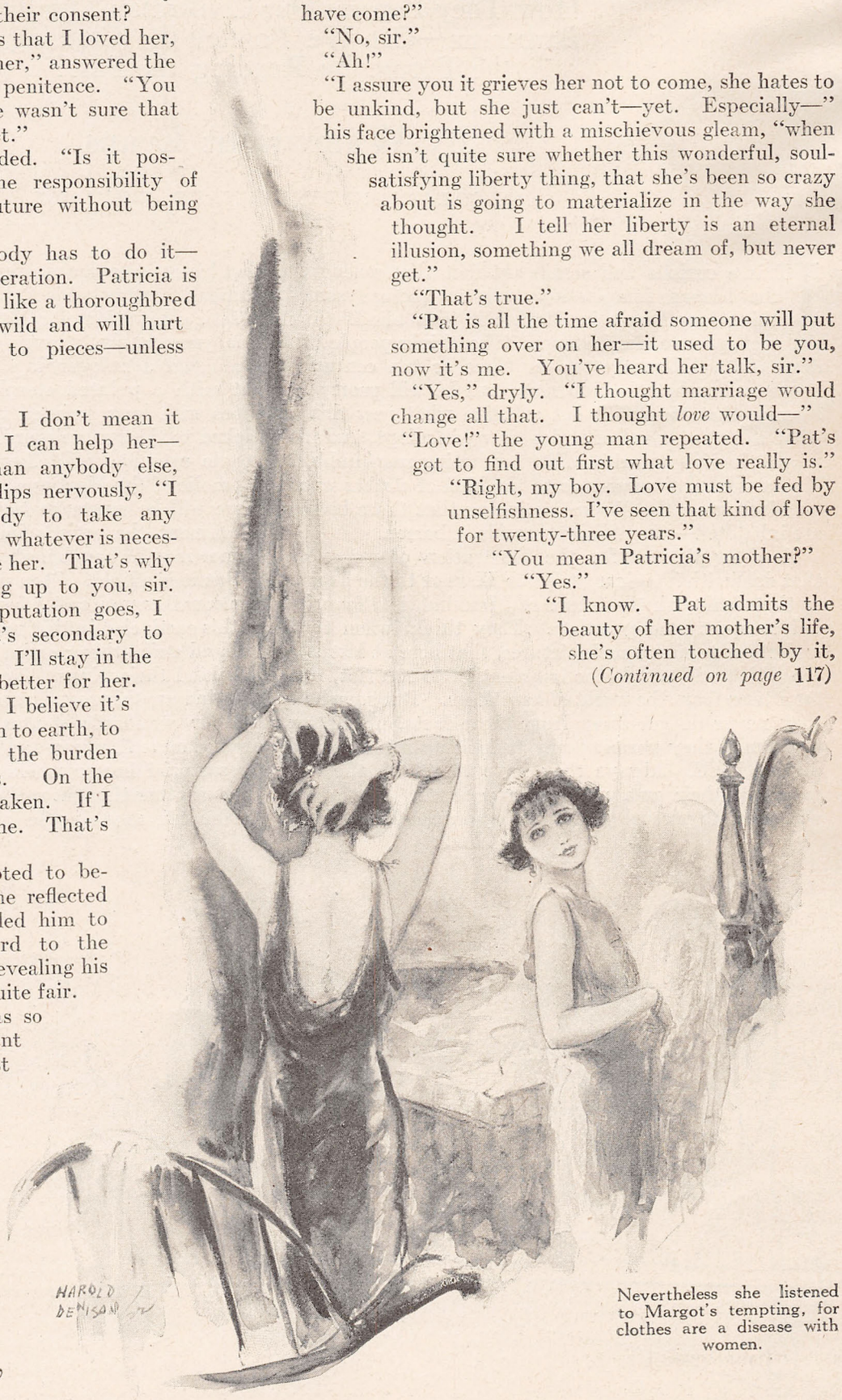
"Right, my boy. Love must be fed by unselfishness. I've seen that kind of love for twenty-three years."

"You mean Patricia's mother?"

"Yes."

"I know. Pat admits the beauty of her mother's life, she's often touched by it,

(*Continued on page* 117)



Nevertheless she listened to Margot's tempting, for clothes are a disease with women.

Clothes—
Why Do We Wear Them?

How They Express Our Civilization, Or Our Barbarism—Can We Foretell the Clothing of the Future by Reading the Past?

By Wainwright Evans

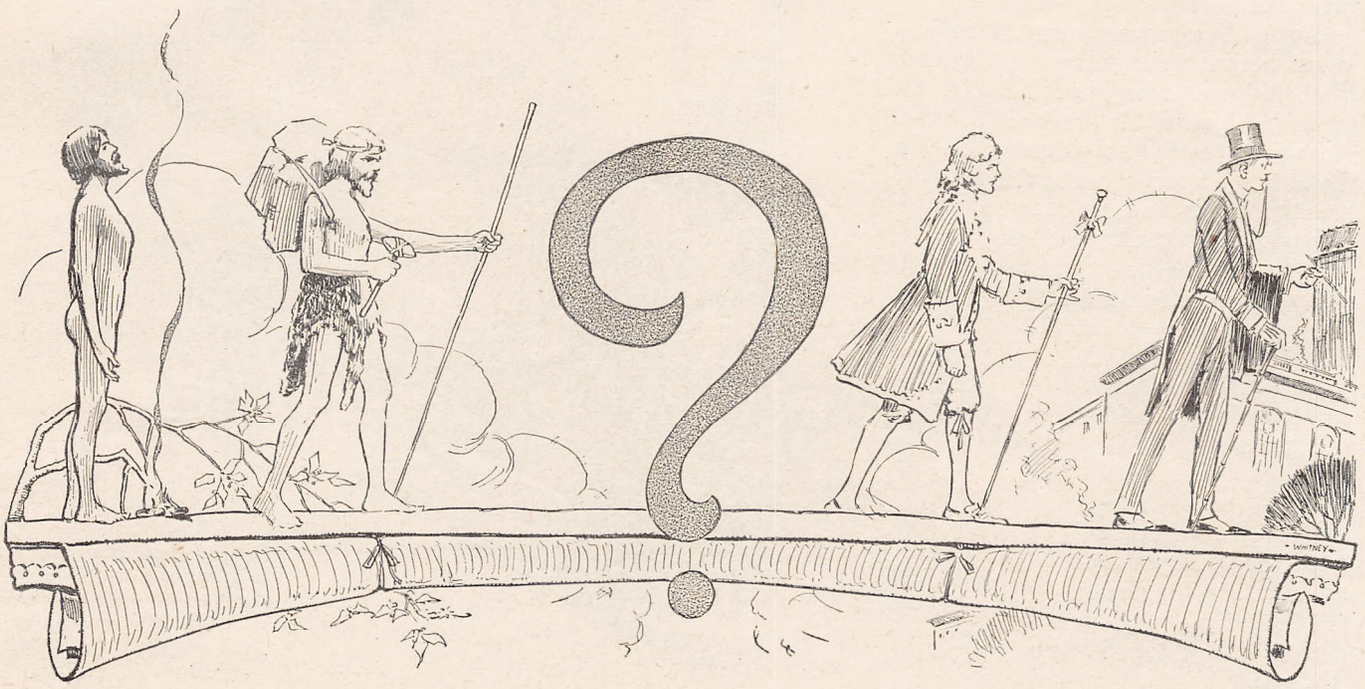
DECORATION BY LEONARD WHITNEY

IT is a curious and significant fact that whenever the human imagination tries to picture something brand new in Clothes it goes blind. Ask the average man, for instance, if he thinks people will dress quite differently two or three or ten centuries hence from what they do now, and he will promptly surmise that they will; but ask him what new thing, what as yet unheard of styles they will adopt, and his prophetic vision vanishes like a bursting soap bubble. If you start a discussion as to the kind of clothes worn on Mars or on the Moon—assuming that those bodies are inhabited—you will get a result as barren.

To draw pictures for the illustration of romances that deal with imaginary trips to Mars or to the Moon, or that deal with the future of Mankind, is a favorite indoor sport among artists. They think, when they undertake to make such pictures, that here at last is a job which will enable the imagination to run riot, free for a time from the world of hard facts. But somehow they never do get away from those facts, no matter how much they permit fancy to kick up its heels and disport itself. Always they have to rehash the elements of their own previous experience. The artist who tries to picture a man living on the Moon finds that his creation looks, appropriately enough, like that familiar earthly object, an escaped lunatic. The artistic conception of a Martian is equally old. Behold this presumably strange being decked out, like a mediaeval astrologer, in a star-spangled night gown, a hat with a pointed steeple crown a yard high, and shoes with long, pointed toes held up by a chain attached to the wearer's girdle. He may also have large, goggle eyes and wild flowing locks, as being further symbolic of the Martian state of mind; and in addition there will be whatever features of natural or artificial adornment the artist's imagination and his sense of humor may be capable of.

But it is all old. Men presumably as sane and conventional as you and I have actually walked the face of this earth clad in that manner; nor did the lightning fall and strike them; and if the angels laughed they did it behind their wings. Nowhere in such a picture can you find anything new, strange, original, or—as judged by our standards—fantastic. The rock-ribbed hills are not more firmly rooted in the past. You can name no sartorial horror which Mankind has not at some time or other thought well of.

Nor can anything be more certain than that the



comic artists of three, five, or ten thousands of years hence will be picturing their Martians and the Lunatics, and possibly their Man of the Future Centuries, as decked out, not in the habiliments of their own day, but in fashions that presumably never were on land or sea—to wit, derby hats, high heeled shoes, tight stays, swallow-tail coats, monocles, shell rimmed glasses, marcel waves, shirts, skirts, and trousers. Not till their antiquarians dig up the astounding truth will they realize that they have really been stealing from the Past, and that human beings have actually, at some time or other, worn such things.

What they will themselves be wearing in that day no man can say. Perhaps those artists of the future will have flowing whiskers all over their bodies instead of flowing ties around their necks. Or perhaps they will be clad in gorgeously colored feathers which some ingenious scientist, interested in finding a rational garb for his race, has caused to sprout in the human hide. Maybe they will even have efficient Wings sprouting from between their shoulder blades or out of their heels, and conveying them neatly from place to place by means of stored atomic energy. Quite possible. Only the other day some inventor announced an electric light bulb that would burn of its own power and with no heat, and with no connection with any wires or dynamos whatever, for three years, day and night. On the whole I think that if I were an artist I would picture my men of the future that way, with whiskers or feathers. But not even the whiskers would be truly original. Whiskers all over used to be the mode, I understand.

In further evidence that, as Chaucer puts it, "there is no new thing that is not old," Well's "Outline of History" contains a picture of a prehistoric feminine garb, worn so far back that we can't count the years of it; and it is nothing but one of those dresses with heavily flounced bell skirts that were worn in this country only forty years ago. It is all there, even to the wasp-like waist. It is also *décolleté*, the only difference being that the breasts are wholly instead of partly exposed—the balance of modesty being, I think, on the side of the ancients.

We laugh even at the clothes worn by our Grandparents when they were young. They laugh at those ancient styles themselves. But can you conceive of anything in the whole history of human Clothes that is intrinsically more absurd than an up-to-date dress suit or a stove pipe hat? Don't you think the ingenuity of the South Sea Islander, clad solely in a swallow-tail coat and a high hat, bought from some passing copra trader, has at least the advantage of superior simplicity? *He* wears those clothes for a proper reason—ornament as he conceives ornament. We, on the contrary, spoil the fantastic magnificence of the thing because we are modest; we complicate the already complicated creation with Pants—the very name of which is so much a symbol of shame that we soften it to Trousers in polite society—and thus spoil the whole effect. Personally I can't (*Continued on page* 92)

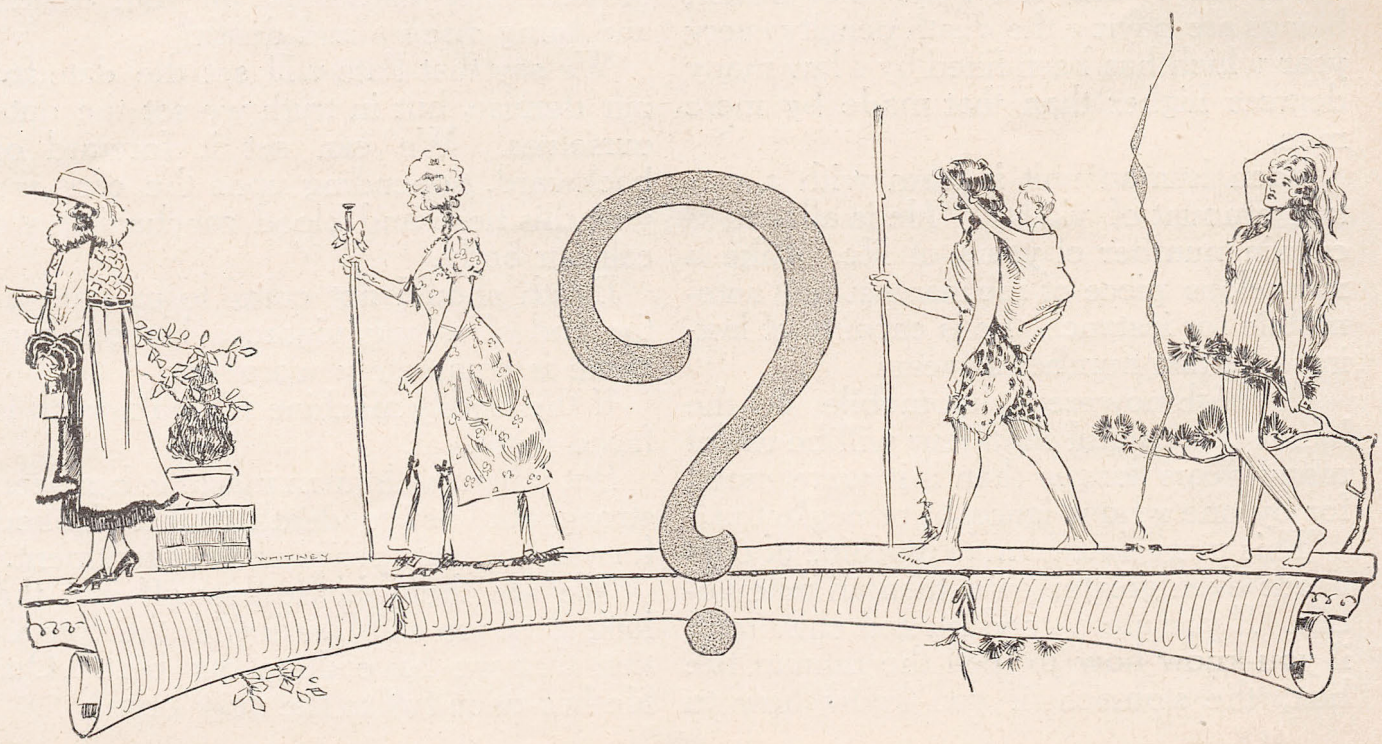
To Some People the Most Interesting Thing in the World

THIS question of dress is both interesting and important. At least we know perfectly well it's important, when we figure up its place in our family budget and realize what a hole it makes in the contents of the little, yellow envelope which we acquire every Friday evening.

Why does this matter claim so big a part of our income, and constitute so large a factor in our life? Could we not dispense with it just as well? Is it a matter of actual necessity, or is it merely a part of those trimmings and accessories which make life more tolerable, more acceptable and more comfortable?

We are all interested in clothes, and some folks we know find it the most interesting subject in the world. In any case here is an analysis and a philosophy of clothes that will set most of us straight upon a great many points.

—The Editor.



Date of Your Death Sentence?

By Bernarr Macfadden

YES, you are condemned to die.

It may be a sobering thought, but it is true.

Death may not be staring you in the face today, but your time is dated.

The man in the death cell trembles at the prospect. Death is ever before him. He cannot shake off the grim spectre day or night.

But a sentence of certain death is hanging over all of us.

The condemned murderer has broken a man-made law. He has to pay a man-made penalty. Sometimes it is deserved, but man-made justice often miscarries. Innocent men are frequently punished.

But the laws of the Almighty make no mistake. The date that has been set for your death will ultimately appear. We are all condemned to die just as surely as the murderer in the death cell.

Usually our death is premature by many years. But when you break the laws of life premature death is the penalty for your sins.

When man-made laws take life, it attracts a great deal of public attention. Columns, sometimes pages, are written about the victim, but millions of human beings are paying the death penalty every year which has been fixed by a law many degrees higher than that made by mere man.

Each human unit is born with a certain amount of vitality. He is allotted a certain number of years of life. Like a marvelous piece of mechanism (an automobile for instance) he is capable of lasting a certain number of years.

A high-powered automobile in the hands of a careful chauffeur will be useful many years longer than if it were cared for by one who is ignorant or neglectful.

This marvelous human machine of ours needs even greater care than an automobile. If you are a good human chauffeur; if you know how to feed the human fire box, the stomach; if you know how to keep the human carburetor, the lungs, in proper condition; in other words, if you have the information essential to maintain the human mechanism in perfect repair, and if you fulfill your duty in connection therewith conscientiously and carefully, you are fitted for long life.

You can put off your death sentence until the last spark of life goes out.

Many burn the candle at both ends. They try to crowd the experience of a whole life into a few years. They, too, have to pay an early penalty.

Many people are mentally unbalanced through close adherence to prejudice or precedent. And the death penalty soon takes them to their last resting place.

The laws are fixed definitely. They are as immovable as adamantine. There can be no deviation, no favoritism. You break these laws, you pay the price and there are no light sentences. Death is the penalty on every occasion.

When is your death sentence to be passed, dear reader? Have you ever given the matter any thought? Just how much life is there in your body? How much death are you harboring in the form of dead cells that linger in your tissues and bring disease and death?

We say that Fate will set the date for our demise, but in truth we set the date ourselves. We can set it forward or backward, depending upon the care we give this flesh and blood mechanism we call our body.

Death should not come to us until at the end of a long, vigorous life our machine is completely worn out.

If the bodily machine is weak death is faced with fear.

But when the human machine has been strong and active death is then looked forward to with peace and contentment.

We are then able to pass off into the long sleep we call Death with the conviction that we have done our best. Our life has been full to the very brim.

We Must Tell Our Young People the Truth

When Our Sons and Daughters Go Wrong Purely Through Ignorance, Who Is to Blame?

By Hon. Grace M. Norris, M. D.

THROUGH the mists of memory there dawns upon me the sorrow of a mother who, like many millions of others, looked upon her daughter's innocence as ample protection against the temptations of sex. This mother was an official in the reform school of which I was medical adviser.

One evening while at work she was interrupted by her sixteen-year-old girl. The mother reproved the daughter for her untimely interruption and told her to go to her room.

But the child was not to be put off. She was in a curious and insistent mood.

"Mother, let's pretend I am a girl sent here for wrong-doing. Would you listen to me then?"

"Hush, my daughter," said the mother, "do not make light of our school. You must feel sorry for these poor unfortunates."

The girl was puzzled. "Why, mother, should I be sorry? Do they not deserve their punishments?"

The mother did not care to discuss the subject further. She merely answered:

"My child, you are too young to understand the horrors which most of these girls have learned so soon. God grant you may never know. Your inexperience and fresh innocence throws about you a defense that will protect you. Preserve these safeguards!"

Some weeks later this girl again came to her mother's room, her flushed cheeks showing her state of mind and body. The odor of alcohol about her person explained her falling carriage and unsteady gait. The mother shrank horror stricken from the pitiable sight. No need of questions . . . No need of advice.

The girl spoke first:

"Mother it is too late now. I asked you many times but you refused to explain things. I have found out my innocence was no stronghold—I have been betrayed by one of the men you trusted . . ."

Having done wrong once the girl told her mother how easily she had sinned the second time. Only two weeks before she had been young and innocent. She had begged her mother to tell her of the dangers in the pathway of girls, even as her mother explained these dangers to the "already bad" girls in the school. But, foolishly, the mother believed innocence was its own defense!

Laughing tipsily the girl reeled to her room. The mother was too astonished to comprehend the horror of it all. When she did her head fell back. She swooned to the floor. I found her in a dead faint.

What was the profit of all her good work for the institution—what reward for her own perfect life and her noble efforts to build up the human wrecks who had come from the streets to her? In looking out for them she had failed to care for her own. The little winding path of innocence wherein she had set her daughter's guileless feet had widened beyond the bend into a road of shame.

This is only one of the hundreds of tragic tales from life that have come home to tell me there is only one sure way to safeguard the innocence of Youth.

The naked truth is sometimes shocking. But, shocking though it may sometimes be in the matters of sex, it is a million times better that the truth should prevail, that our young girls and boys should put their uncertain feet upon the highroad of Life equipped with the requisite amount of sex knowledge to make them healthier and more moral men and women.

I am now a candidate for the New York Assembly. If I am elected I shall certainly (*Continued on page* 141)

GRACE M. NORRIS, M. D., said to be the first woman running for office primarily upon a platform or pledge devoted to the principle of sex hygiene education. In her life and practice she has had special occasion to witness the tragic results of ignorance of the fundamental facts of human life and has had brought home to her with overwhelming force the need for protecting our young people by telling them the truth.

Dr. Norris is Coroner of Oneida County, N. Y., and the first and only woman to be elected to such a post in New York State. During the influenza epidemic of 1918 she was called to Oswego, N. Y., where she received the highest salary ever paid to a woman doctor in America—fifteen hundred dollars for twenty days' work. She lives in Utica, N. Y., and has had practical medical experience as general practitioner, the head of a girl reform school and in other official capacities.

What Would You Do in This Case?

A Personal Problem Department

Conducted by Carl Easton Williams

ONE may say that the human race is divided into two classes—those who are cool-headed and those who are hot-headed; those who are slow to anger and those who are quick.

Perhaps there is a third class, less numerous, namely the poor fish who never get angry. By which we may be presumed to imply that not to be capable, under any conditions, of anger is something of a human defect; in other words, that there are circumstances in which anger is a normal and properly human reaction. It may be that angels have no tempers, but we are not angels just yet—most of us—and have no desire for sprouting wings in the immediate future.

It may be understood, therefore, that the capacity for anger is a natural part of our common human nature. But there is another factor, and it is this factor that makes us humans rather than brutes—namely, the quality of restraint. Perhaps the thing that most of all distinguishes the man having what we call culture from the crude barbarian who lacks it is this same quality of restraint—or as many prefer to call it, self-control. It is the first lesson for the young to learn. It is the most important object lesson that the parent should set before his children in the course of his own behavior.

It is rather curious that the person possessing a quick temper is usually rather proud of the fact, as if it indicates a quality of strength, or as if he derives some satisfaction from it. This may be because anger has a certain stimulating quality. Glandular secretions induced by anger seem to stir up one's latent energy, giving even the weak man at such a time a feeling of strength, and perhaps a desire to fight. This is doubtless a quality of survival value among animals who must at times fight for self-preservation, and had perhaps such a value to the human race under primitive conditions. That sense of strength of the man who has his "back up" may give him a very grand feeling, and perhaps he enjoys it. In some cases probably he does not make an effort to control his anger because he does not wish to control it; he only wishes to be angry.

It is only when one has certain standards or ideals of behavior which are consistent with the higher levels of culture that he realizes sufficiently a loss of self-respect when he fails to contain himself. He then attains a desire for self-control.

Of course it is not for the naturally cool-headed man to judge his hot-headed brother, who has far more to contend with in this problem of self-control. The former usually thinks of anger as a form of character weakness. The real weakness lies not in the capability of anger, but in the lack of restraint. It has often been said that the truly strong men are those of naturally strong passions, who have acquired mastery over those passions. In other words, just there you will find the crux of this question of strength or weakness among men and women.

Are You the Victim of a Dynamite Disposition?

There are two ways in which one may be the victim of a violent temper: first, one may be the possessor of such a nature; second, one may be in a position where he must live with human dynamite. It is hard to know which is the greater victim. On the one hand it may seem that however annoying it may be to put up with another's quick temper, it is at least far worse to have it than merely to stand for it. On the other hand, the possessor of a temper has it within his own power to control it, whereas the other members of his family are powerless to check him, sometimes no matter what step-easy policies they may endeavor to follow.

Here is a letter from a victim, who explains that unfortunately both himself and his wife are hot-headed, but gives us the impression that his wife is the more fiery of the two. We naturally wonder about this. She probably would say the same thing about him.

To the Editor:

To be *well* you must be *happy*. However, I am *not happy*, though married, when I ought to be. I am thirty-four, my wife thirty. We have been "wed" ten years and have two bonny kiddies. I am just a plain working man, full of energy and life. I don't drink, smoke very seldom. I have been a gamekeeper all my time, but just over a year ago gave it up because I could earn more at a coal mine, where I am now.

My wife and I have both got "fire in our blood" (you will understand what I mean) and very often there is a "flare-up." It is so frequent that I am absolutely sick and tired of it all, and it is all helping to alter my ways of life. I still love my wife—I must admit, candidly, a little less than I used to. In my case *there is no other woman*, absolutely none. Each time we have a quarrel my wife unfortunately cannot control her brain. She simply "squirts vitriol," to put it bluntly. I try, but it is beyond me, to forget. There is no cause for the vitriol, at all, and I may say, the "burns" are there on my brain for days after. I have forgiven and forgiven until it seems to me it is getting to be more the rule than the exception.

And now comes the question as to how to interest her in physical culture for her health (of mind). I repeat *of mind*, because she has a morbid mind and weeps and weeps until I feel I could shake her.

I strongly believe that cleanliness is next to godliness, but my, how she has fired her "bullets" at me on that score. She always holds I am too particular, with my gods of soap, water, sun and air. Mind, I practice all I preach. I know from my own life that it pays to be well. No truer saying was ever put on paper than "*mens sana in corpore sano*." The two go hand in hand; of that I am convinced, from my wife's way of living. Only last week did I manage to coax her to go and have some rotten teeth pulled, of which her mouth is full. I have been at her for years about it. I don't need to be told that her teeth go far to cause her constant bad temper.

I don't see any use of driving (or trying to drive) the car with gears out of order; in that way comes a smash.

R.H.F.

(*Continued on page* 145)

Youth is Flexible

Why Flexible Cantilever Shoes Make You Feel Younger

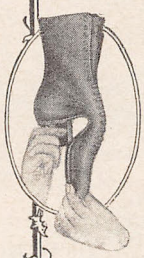
The easy flexibility and unconscious grace that are the charm of youth may be had by the older woman also.

Cantilever Shoes induce the spontaneity of thought and action that comes from mental and bodily poise, from glowing health and from feet that are strong, supple and that do not easily fatigue.

The snug-fitting, flexible arch allows the muscles to exercise and strengthen. The natural lines give the unrestrained freedom that reflects itself in every move you make.

Well dressed women everywhere like Cantilever Shoes for their modish rounded toe and medium or low walking heel, but above all they enjoy the feeling of youthful energy and increased endurance which they supply.

Men, too, are wearing Cantilevers, and the demand for the men's last is constantly increasing. Every pair is trademarked to insure your getting the genuine Cantilever. They are sold by only one store in each town except in New York City. If you cannot find the Cantilever dealer who is near you in the list at the left, write the manufacturers, Morse and Burt Company, 7 Carlton Ave., Brooklyn, N. Y., for his address and an interesting booklet on feet and shoes.



Cantilever Shoe

Endorsed by Women's Colleges, Women's Clubs, Public Health Authorities, Physicians, Osteopaths, Directors of Physical Education, Editors, Stage Celebrities and prominent women everywhere.

Cantilever Stores

Cut this out for reference.

Akron—11 Orpheum Arcade
Albany—Hewett's Silk Shop, 15 N. Pearl St.
Altoona—Bendheim's, 1302 11th Ave.
Asheville—Pollock's
Atlanta—Carlton Shoe & Clo. Co.
Auburn & Geneva, N. Y.—Dusenbury Co.
Baltimore—325 No. Charles St.
Battle Creek—Bahlman's Bootery
Birmingham—219 North 19th St.
Boston—Jordan Marsh Co.
Bridgeport—W. K. Mollan
Brooklyn—414 Fulton St.
Buffalo—639 Main St.
Burlington, Vt.—Lewis & Blanchard
Butte—Hubert Shoe Co.
Cedar Rapids—The Killian Co.
Charleston—J. F. Condon & Sons
Charlotte—221 Piedmont Bldg.
Chicago—30 E. Randolph St. (Room 502)
Cincinnati—The McAlpin Co.
Cleveland—Graner-Powers, 1274 Euclid Av
Colorado Springs—Wulff Shoe Co.
Columbia, S. C.—Watson Shoe Co.
Columbus, O.—104 E. Broad St. (at 3rd)
Dallas—Leon Kahn Shoe Co.
Davenport—R. M. Neustadt & Sons
Dayton—The Rike-Kumler Co.
Denver—224 Foster Bldg.
Des Moines—W. L. White Shoe Co.
Detroit—41 E. Adams Ave.
Easton—H. Mayer, 427 Northampton
Elizabeth—Gigl's, 1053 Elizabeth Ave.
Elmira—C. W. O'Shea
El Paso—Popular Dry Goods Co.
Evanston—North Shore Bootery
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Galveston—Clark W. Thompson Co.
Grand Rapids—Herpolsheimer Co.
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Lancaster, Pa.—Frey's, 3 E. King St.
Lansing—F. N. Arbaugh Co.
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Lexington, Ky.—Denton, Ross, Todd Co.
Little Rock—Poe Shoe Co., 302 Main St.
Los Angeles—505 New Pantages Bldg.
Louisville—Boston Shoe Co.
Lowell—The Bon Marche
McKeesport—Wm. F. Sullivan
Macon—The Dannenberg Co.
Memphis—Odd Fellows Bldg. (2nd floor)
Milwaukee—Brouwer Shoe Co.
Minneapolis—25 Eighth St. South
Mobile—Level Best Shoe Store
Montgomery—Campbell Shoe Co.
Morristown—G. W. Melick
Mt. Vernon, N. Y.—A. J. Rice & Co.
Nashville—J. A. Meadors & Sons
Newark—897 Broad St. (opp. City Hall)
New Bedford—Olympia Shoe Shop
New Britain—Sloan Bros.
New Haven—153 Court St. (2nd floor
New Orleans—109 Baronne St. (R. 200)
New Rochelle—Ware's
New York—14 W. 40th St. (opp. Pub. Lib.)
Norfolk—Ames & Brownley
Oakland—205 Henshaw Bldg.
Omaha—1708 Howard St.
Paterson—10 Park Ave. (at Erie Depot)
Pawtucket—Evans & Young
Peoria—Lehmann Bldg. (Room 203)
Philadelphia—1300 Walnut St.
Pittsburgh—The Rosenbaum Co.
Pittsfield—Fahey's, 234 North St.
Plainfield—M. C. Van Arsdale
Portland, Me.—Palmer Shoe Co.
Portland, Ore.—353 Alder St.
Poughkeepsie—Louis Schonberger
Providence—The Boston Store
Reading—Sig. S. Schweriner
Richmond, Va.—Seymour Sycle
Rochester—148 East Ave.
Rock Island—Boston Shoe Co.
St. Louis—516 Arcade Bldg. (op. P.O.)
St. Paul—43 E. 5th St. (Frederic Hotel)
Saginaw—Goeschel-Brater Co.
Salt Lake City—Walker Bros. Co.
San Francisco—Phelan Bldg., Arc'd.
Savannah—Globe Shoe Co.
Schenectady—Patton & Hall
Scranton—Lewis & Reilly
Seattle—Baxter & Baxter
Shreveport—Phelps Shoe Co.
Sioux Falls—The Bee Hive
South Bend—Ellsworth Store
Spokane—The Crescent
Springfield, Ill.—A. W. Klaholt
Springfield, Mass.—Forbes & Wallace
Stamford—L. Spelke & Sons
Syracuse—121 W. Jefferson St.
Tacoma—255 So. 11th St. (Fidelity Bldg
Terre Haute—Otto C. Hornung
Toledo—LaSalle & Koch Co.
Topeka—The Pelletier Store
Trenton—H. M. Voorhees & Bro.
Troy, 35 Third St. (2nd Floor)
Tulsa—Lyons' Shoe Store
Utica—Room 104 Foster Bldg.
Waltham—Rufus Warren & Sons
Washington—1319 F St.
Waterbury—Howland-Hughes Co.
Wheeling—Geo. R. Taylor Co.
Wichita—Rorabaugh's
Wilkesbarre—M. F. Murray
Worcester—J. C. MacInnes Co.
Yonkers—22 Main St.
Youngstown—B. McManus Co.

Agencies in 300 other cities

Double the Health of Your Town

(*Continued from page 25*)

of the Metropolitan Life Insurance Company, discovered that the Company was paying four million dollars a year on claims of policy holders who died of tuberculosis. That's where you come in, if you are carrying life insurance. All the companies base their rates on the same sets of figures, and they all set aside a part of every dollar you pay in premiums to meet claims arising from policy holders who die of tuberculosis, and other preventable diseases when they have no business to. So the Metropolitan offered the National Tuberculosis Association one hundred thousand dollars to pay the expenses of a demonstration that would show people of the whole country how needless it was in most cases to die from preventable diseases, or even to be sick nearly as much as the average person is.

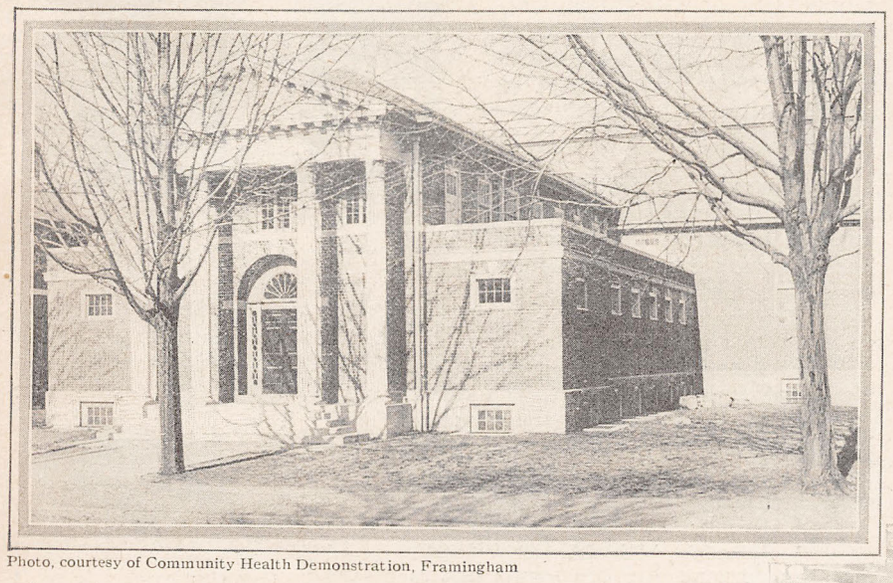
You see there are other causes of death besides tuberculosis. Organic diseases of the heart and pneumonia each claim more victims annually than tuberculosis, which stands third in the list of causes of death. Then there are nephritis, cancer, cerebral hemorrhage, influenza and many other diseases, all taking heavy toll. But the public, knowing little about these maladies, is little concerned about them. Glittering generalities on health and hygiene bore an audience to death. But just say "Tuberculosis!" and everyone within hearing is scared into fits; for tuberculosis is the best advertised disease on earth.

Now if you can frighten people into providing conditions favorable for the suppression of tuberculosis you have fundamental conditions that will hold sickness and death from all other causes down to a minimum. See the point? Framingham saw it, right enough.

Your particular attention is invited to what Framingham did, for it was intended as a model for other communities to copy. Preparations were made as if for one of those "drives" so familiar in war days. There were preliminary meetings to whoop things up, lots of publicity in the local papers, health sermons in the churches and all the rest of it.

American Photo Service, Inc., N. Y.

Buy a drink of ice cream soda in Framingham and you get it in an individual paper cup always. The plan is spreading through the United States and promises to some day become universal. How is it in your town?



Photo, courtesy of Community Health Demonstration, Framingham

This is the Civic League building of Framingham, providing facilities for swimming and other forms of recreation. Framingham folks believe that these requirements are as much a part of municipal obligation as city streets, sewers and electric lights. What provisions for these health requirements do you find in your own home town?

Next the town was divided into districts and every soul from baby to grandpa was card indexed. Teams consisting of two doctors and a nurse were given a certain number of cards each day representing persons to be examined. A few refused to be examined at the first call, others preferred to be examined by their family physicians. In case of doubt second examinations were made, specialists were called in consultation, X-rays were made and other diagnostic instruments of precision employed.

In the first drive 72 physicians and 25 nurses were drafted from out of town, and there were volunteer lay workers and a clerical staff at headquarters. Each team averaged four examinations an hour at a cost of $1.84 each. A second drive rounded up many missed at the

(*Continued on page 68*)

American Photo Service, Inc., N. Y.

Framingham mermaids and mermen, if one may so style them, have one of the finest swimming pools in the state of Massachusetts, with various hours provided for different classes that all may have the advantage of a daily plunge.

Another Milo Pupil Acclaimed as a Perfect Man

The highest praise you can give a well-built man is to say that he is like an Ancient Greek Statue. The beauty of the Ancient Greeks was not so much a matter of bulging muscles as of outline and correct bodily proportions.

"Built Like A Greek God"

Here is a young man, Sigmund Klein of Cleveland, whose body is as well proportioned, as strongly made and as beautifully muscled as that of any athlete who has been immortalized in picture or statue.

Klein is a Milo-Made-Man

He acquired his "perfect-man" physique by practising with adjustable bar bells. While an accomplished lifter his principal object in training was to acquire a perfect body.

Though but 5′ 5″ tall, Klein can show a 43″ *normal* chest (something tremendous for a man of his height). His arms are exactly correct in proportion, i. e., his flexed biceps (15″) are precisely 20% larger than his straight forearm (12½″). Like all thoroughly well-built men, his general strength is greater than the special strength of any given group of muscles. He excels in feats and exercises that require strength from Head to Heel.

How Would You Like to Have a Body Like This?

We have thousands of pupils in every stage of development, from the new beginners who are building up weak spots by handling lightly loaded bar bells, to the finished products, like Klein, who can toy with hundred-weights.

Every case we handle has its own peculiar and individual features and problems. That is what keeps us fresh, and incidentally, has given us the experience and knowledge to turn out for 20 years such a constant stream of well-proportioned men and great lifters. And yet in training a man our first aim is to give him health, vitality, and physical proportions. The amazing physical strength is not the main object, but purely a by-product of our training methods.

If you are interested in body building and desire results that will justify the time you spend in exercising, you should investigate our methods.

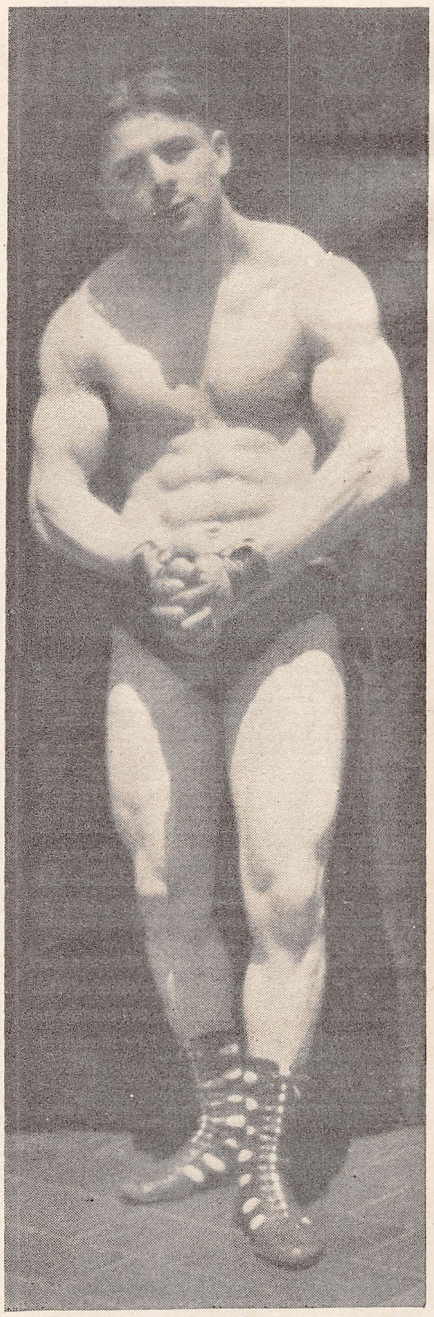
IF you want to learn more about Klein you should read Alan Calvert's article in the October STRENGTH. It shows seven more beautiful pictures of this young superman.

Eight other articles by recognized authorities.

The November number is just as interesting.

Price 15c a copy or $1.50 per year.

If you subscribe, better start with the October number so as not to miss the article about Klein.



"HEALTH, STRENGTH and DEVELOPMENT"

Sent FREE on request

A large, beautifully printed booklet, containing over 40 pages, explains our plan and shows you just what you can expect in the way of health, strength and beauty of body. It is lavishly illustrated with large sized photographs of many Milo pupils taken especially for us. If you'd like to read it, just send a letter or postal asking for a copy of "HEALTH, STRENGTH AND DEVELOPMENT —How to Obtain Them." It is FREE. Sending for it places you under no obligation whatever.

The Milo Bar Bell Co.

Physical Culture Specialists and the largest manufacturers and distributors of bar bells, dumb-bells and kettle-bells in the world. Publishers of Strength.

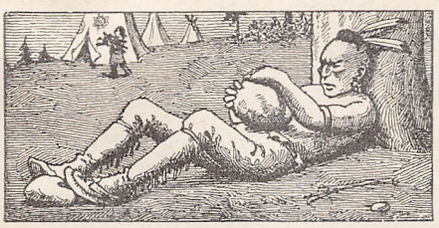
Dept. Y, Third and Diamond Sts., Philadelphia, Pa.

Remove Constipation As The Indians Did!

Excess Fat Removed by Same Process

The Indian, Nature's Child, Used Nature's Methods in Caring for His Health

Neither constipation nor obesity were prevalent among the Indians. For countless centuries, the Indian when he found himself constipated resorted to a natural but strenuous treatment that never failed. He did not poison himself with muscle-relaxing drugs, but securing a stone rolled it around his abdomen, following the course of the large intestine. The result of this treatment was two-fold: First, it massaged and strengthened the muscles in the abdominal wall, giving added power with which to function. Second, the heavy weight broke down all mass formation of waste matter so that it could easily be expelled. While the method of application was crude, the principle involved is entirely sound, and as effective today as it ever was.



It would be too much to ask you to resort to the strenuous application of the rolling stone but that is no longer necessary. Science has taken the same principle in hand and has adapted it to modern requirements in a form exceedingly simple and easy to apply, but even more certain to give results than the original Indian method.

Instead of the rolling stone, you can now have a CONSTIPATH in your bathroom. It is nature's own method of correcting constipation which Science has brought up to date in this modern, easily used appliance.

If you are even an occasional sufferer from constipation, the CONSTIPATH will be a god-send to you, bringing with its pleasant, smooth massage movement, relief to your clogged intestinal tract.

As completely as the Indian was relieved by the stone, so will the user of the CONSTIPATH be released from constipation which is the cause of 80% of all sickness and disease.

After trying the CONSTIPATH, you will accept it into your household as a necessity, as essential to your health as your tooth brush.

The CONSTIPATH is safe, sure, quick!

Safe, because it does not involve the use of weakening drugs.

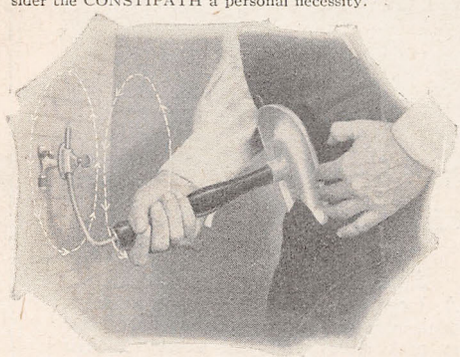
Sure, because it attacks the underlying cause of the trouble—inactive abdominal muscles.

Quick, because it can be used effectively in from two to ten minutes.

The CONSTIPATH is highly endorsed by physicians and is used extensively in sanitariums and gymnasiums.

A prominent physician says, "If the CONSTIPATH was a part of the equipment of every bathroom, the benefit to humanity would be beyond computation."

A well known motion picture actress writes, "I consider the CONSTIPATH a personal necessity."



The CONSTIPATH is constructed principally of aluminum and weighs less than three pounds.

Our 58 page illustrated book entitled "COLON CLEANLINESS" will be sent on receipt of 10c in stamps or better yet

Try the Constipath for One Week at Our Risk

See for yourself how it quickens the circulation, clears the brain and gives one that "LIVE WIRE" feeling.

GYROPATHIC INSTITUTE

241 Grant Ave., New Brunswick, N. J.

Please send by Parcel Post Insured one Home Model CONSTIPATH, together with full directions for use and valuable information regarding constipation. I enclose $5.00 with the understanding that I may return the CONSTIPATH at the end of one week's trial for prompt refund of my money.

Name.....

Address.....

.....

CONSTIPATH mailed C. O. D. if desired.

(*Continued from page 66*)

first attempt; while by opening a clinic at headquarters with a doctor and nurse always in attendance it is hoped to reach every individual in the town ultimately. More than ninety per cent of the population has been examined to date.

This physical inventory of Framingham disclosed some interesting things. Including those suffering from such minor affections and defects as colds, boils, ringworm and the like, no less than seventy-seven per cent of those examined were classed as "ill." But less than a third of those ill were suffering from major maladies.

These examinations revealed exactly what was wanted. They located those in need of attention, most of them in time to be helped, for sixty-four per cent were suffering from directly preventable affections, twenty-two percent from partly preventable, leaving only fourteen per cent of sickness classed as entirely non-preventable. As Framingham was selected as a representative American community, this means that if you become ill the chances are eighty-four out of a hundred, speaking in averages, it is due to your own carelessness or ignorance of the laws of health. The first cause is within your own power to remedy; the second can be removed by others if you will give them the opportunity.

With all cases of tuberculosis numbered and entered on a wall chart at headquarters so the condition of individuals and the town as a whole could be seen at a glance, and the history of each case in a folder in a filing cabinet, and other data compiled and filed, the Health Demonstration folk were ready for business.

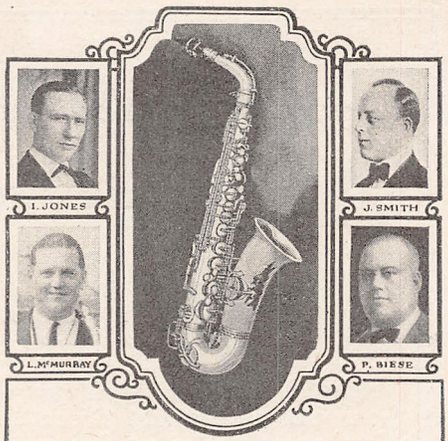
The first step in the prevention of disease was taken during the examinations. Each person was made to understand that he ought to have a medical examination at least once a year, though oftener would be better, in order to check incipient disease. A locomotive is inspected and necessary repairs made after each trip. The human body is a far more complicated and delicate machine than a locomotive.

Those in need of medical attention were referred to their family physician; for the Health Demonstration neither prescribed treatments nor distributed medicines. It merely helped the local authorities to get a difficult undertaking in hand and is getting out from under as rapidly as is consistent with the success of the enterprise.

Tuberculous patients were assured that no drugs could help them. The elementary requirements for these include rest, good food and fresh air, provided according to the circumstances in each case. Some can be cared for at home, others are induced to go to a State institution. The hardest thing to get, but the most effective, is a contented mind.

The program for the reduction of sickness and death calls for good sewerage,

(*Continued on page 70*)



"The World's Best"

The first American-made Saxophone was built by Conn. The best in the world are still made in the Conn factories. So say the great artists of the day—a few of whom are shown above.

PLAY A TUNE IN ONE HOUR! Exclusive features and improvements on the Conn give you quick mastery, *without previous musical experience.* Beautiful tone, perfect intonation. Send coupon for Free Book, and details of FREE TRIAL, EASY PAYMENT PLAN.

C. G. CONN, LTD.
1129 CONN BLDG. ELKHART, IND.

CONN
WORLD'S LARGEST MANUFACTURERS OF HIGH GRADE BAND AND ORCHESTRA INSTRUMENTS

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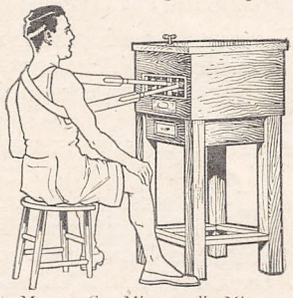
Please send me free book and details of Free Trial, Easy Payment plan (mention instrument).

Name.....
Street or Rural Route.....
State, County .....
Instrument.....

You Can Be A Champion

To win a championship of any kind perfect physical fitness is of first importance.

See what Dr. S. J. Foster says the Vibrator Masseur does in making a champion.



Vibrato Masseur Co., Minneapolis, Minn.

Dear Sirs:

For the past month I have been at Atlantic City conditioning Jack Dempsey for his match with Carpentier. Your Vibrato Masseur played an important part in this work. Both Dempsey and Kearns say that it is the most wonderful machine of its kind they have ever seen. I have also had the pleasure of demonstrating it to a Senator, a Supreme Court Judge and many other important people, who were visitors at the camp. The general verdict is that it is another "World's Champion." Sincerely yours,

(Signed) S. J. Foster, M.T.D.C.

Send for booklet on winning Life's Championships.

VIBRATO MASSEUR CO.,
240 South 4th St., Minneapolis

Wonderful, new device, guides your hand; corrects your writing in few days. Big improvement in three hours. No failures. Complete outline FREE.
Write C. J. Ozment, Dept. 56 St. Louis, Mo.

For the Woman Who Wants to Reduce

You Can, Nowadays, to Music, No Matter How Stout

By WILLIAM R. DURGIN

ANY woman who really wishes to reduce can do so these days. It is not difficult (when gone about right) but loads of fun. For the benefit of those who would like to know, here are some interesting and informative statements about the remarkable course of reduction set to music. The method was conceived and perfected by Wallace, a physical director in Chicago. The astonishing results he has secured for people of all degrees of overweight, and of all ages has caused him to become nationally known.

Reduced from 234 lbs. to 164 lbs. in four months' time through Wallace's method of getting thin to music. The photographs are of Mrs. Grace Horchler, 4625 Indiana Avenue, Chicago, Illinois

In the first place, let no sensible woman try to get thin through the cruel starvation systems which deny the body nourishment needed for one's very existence. Wallace's course *lets one eat*. It is not food that makes a person fat. If it were, how would we account for the many very stout persons who actually eat less than a child of ten years? Long walks, or other exertion common to every-day activities, will not take off excess flesh—or no fairly active woman would be fat. Wallace gives you things to do which cause your system to use every ounce of what you *do* eat to be used for blood and bone and sinews. Nothing remains from which fat can be manufactured, and there you are. It is simple enough, but the discovery of this principle came only after this specialist had studied the subject for years.

When the Wallace method was first made public, newspapers and magazines were full of pictures and statistics. A Chicago newspaper conducted a class of fifty extremely stout persons who reduced under the daily observation of the press. In just forty days Wallace had the last one down to normal weight and measurements —and the least overweight of any individual was something like 50 lbs.! But look at the photographs reproduced here. The lady resides in Chicago; her reduction by Wallace was all accomplished through the mails, Mrs. Horchler receiving no instruction other than the personally dictated phonograph records sent her from Wallace institute. Wallace has over a thousand letters testifying to the ease and speed with which his music method reduces. Many of these have been published by permission. But "seeing is believing" so just observe these likenesses of Mrs. Horchler, who lost seventy pounds in just four months. The method did not leave her with that gaunt and wrinkled look that follows starvation; her figure is now well-proportioned, remaining flesh firm and smooth.

In the case of Mrs. Gilbert Taylor, 616 West End place, Moberly, Missouri, thirty-three pounds were taken off. She began the Wallace course in October and finished sometime in November—a matter of six or seven weeks. Many women of her town have since taken up this novel means of reducing, convinced of its absolute efficiency as shown in Mrs. Taylor's remarkable improvement. In Columbus, O., Mrs. William Vernon, who resides at 264 Broderick St. has reported her successful reduction of thirty-eight pounds with the health and feelings of a youngster as a result. All these ladies have been generous-minded in permitting their experiences with Wallace to be made public, that sister sufferers from stoutness may read, believe and be similarly benefited. Reductions of fifteen and twenty pounds are so commonly reported that Wallace himself could not tell how many his records have reduced in these amounts.

One's own phonograph is all the equipment needed. Wallace's instructions—too plain to be called difficult—too interesting to be termed a task—are sent everywhere. The course is full of interest, full of surprises, and results come so quickly that the fat seems to roll off by *magic*. It only requires something like twelve minutes actual time each day. Your greatest trouble will be to stop when told.

To test this wonderful course you need pay nothing, nor risk nothing. The first lesson comes without charge or obligation. With it you can take off *five pounds in five days*. If you are not surprised and pleased with results from the demonstration, there is no obligation to continue the course—or even to pay for the service rendered. If any proof of Wallace's ability were needed, the very form of his offer would be sufficient. So, if you are burdened with fat—would like to be trim of figure—want the energies and enthusiasms that a lithe, active body brings, here is your opportunity. Just clip and mail the convenient coupon below.

How to Get Thin to Music

Clip this out, fill in and mail to WALLACE, 630 S. Wabash Avenue, Chicago. Please send me record for first reducing lesson, plainly wrapped free and prepaid. I will either enroll or mail back your record at the end of a five-day trial. [27]

*(Mrs. or Miss)*_____

*Address*_____

Alfred W. McCann Says:

"Stop Digging Your Grave With Your Knife and Fork!"

THE world was startled when Alfred W. McCann proved by scientific analysis and investigation that the foods we eat are causing ravishing disease, untold misery and premature death.

In his wonderful book, **"THE SCIENCE OF EATING,"** he proves, beyond the shadow of a doubt, that **Heart Disease, Diabetes, Colds, Catarrh, Rheumatism, Pyorrhea, Constipation, High Blood Pressure,** and even **Tuberculosis,** are caused by eating improper foods. Foods that are adulterated or over refined, instead of adding strength to your body and power to your brain, actually poison your system, so that with each mouthful you are literally digging your grave with your knife and fork.

If YOU would know the truth—if you would learn the **Real Secret of Health**—read this remarkable book today!

ONLY PART OF CONTENTS

A Few of the 133 Chapters

Health or Disease
Red Blood Depends on Food
Medicines Added to Sugar and Starch
Getting the Child Started
Denatured Foods Destroy Life
Old at 25, Young at 60
The Human Body
Food Minerals Essential to Life
The Thyroid Gland—A Poison Destroyer
Digestibility and Indigestibility
Suspected Causes of Cancer
Constipation
Maternity and Tuberculosis
Stunting the Growth of the Young
Thin Haired Women —Bald Headed Men
Honey and Fruit
Infantile Paralysis
Iron and the Raisin
Refining Processes More Deadly than War
Preventable Tragedies of Milk and Meat
Anemia, Tuberculosis, Heart Disease
Ideally Balanced Menus

HEALTH is the Most Precious Thing in the World. Without it nothing else matters. No amount of "Dieting" or "Exercise" can bring health to you if you are ignorant of the proper kinds of food to eat. You may "diet" to reduce or gain weight; you may "exercise" to develop your physical powers; but unless you possess the secret of foods and their value you will never be free from the torments of disease.

"The Science of Eating" gives you the facts that will bring health to you as it has done to thousands of others who have profited by the knowledge acquired through years of scientific research.

Walter F. Palmer, Director for Vanderbilt University, says: "I have lived according to his principles and value the book as my greatest possession. I should like to present the whole world with copies."

If YOU would avoid the drug store, if you would save hundreds of dollars ordinarily paid to physicians, if you would be spared the terrible suffering of disease, and save the enormous expense in health, money and opportunity that sickness incurs, send for this wonderful book today. 400 pages, beautifully clothbound.

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Gentlemen: Enclosed find $3.00 for which please send prepaid Alfred W. McCann's Wonderful book, **"The Science of Eating."**

Name.....

Address.....

City.....State.....

Sent C. O. D. if desired.
Orders from Canada and foreign countries must be accompanied by money order.

(*Continued from page* 68)

clean streets, pure water and rigid food inspection by the town.

Visiting nurses look after expectant mothers and children under school age. School clinics are maintained in which all children are examined. In addition there are dental clinics to keep the pupils' teeth in order, for it is recognized that bad teeth can cause a lot of trouble. Still another provision for child welfare was a postural director. It was found that 12 per cent of the children had marked postural defects, and bad postures are the forerunners of many physical defects.

More than a hundred of the more delicate children were collected in a summer camp during the warm weather, being brought from their homes each morning and returned at night. They had eight hours in the open air daily under the care of a supervisor, a dietitian and assistants, plus three nourishing meals. As a demonstration of what could be done to build up defective, badly nourished, undersize children, this was a marked success.

For the stronger children there are no fewer than four public playgrounds in this town of eighteen thousand inhabitants.

Every high school pupil is obliged to take part in gymnastics. There are physical directors and coaches to direct the development of symmetrical bodies with proper breathing and carriage, giving special attention to those with defects.

In weekly health letters in the local papers and through the constant distribution of leaflets and booklets people are urged to avoid crowded street cars by walking short distances. A mile walk twice a day is urged for all.

When you come to think of it, the essence of the whole scheme is just what PHYSICAL CULTURE is teaching year in and year out. Modern science has indorsed in effect at Framingham, though not in formal words, these vital principles.

Bernarr Macfadden's Viewpoint

(*Continued from page* 22)

Now Here Is What We Propose

Every physical culturist and all others who are interested in this proposed Community Service should call on numerous families or individuals in their community and see to what extent they would be interested in a service of this kind.

What is it worth to these families to have a Health Director in their midst who can give them all this information? It is an easy matter to convince your neighbor of the value of a service of this kind. If you believe you can get twenty-five or fifty individuals or families who will agree to join a service of this kind, write to me for signature blanks that will materially assist in any efforts you may make to enroll individuals or families in this Health Director Community Service.

Physical culturists who are interested in this work should look forward to the time when they can become Health Directors and in the meantime look around in your own community. Perhaps you can form a Health Director Community Service right in your home town or community. This would give you worth while experience and would be an important step towards the education which you will need if you desire later to take up a work of this kind in an active way.

Those who desire an opportunity to become Health Directors are invited to write me. State definitely what your qualifications are, and how long you have studied physical culture. Give some details of your education, stating also whether or not you are able to lecture and desire to preach the physical culture cause in this manner.

But remember we want to find out how many communities are ready for this Health Director Community Service. The community will have to pay these Health Directors sufficient salaries to enable them to live comfortably and the residents of each community can, to a certain extent, figure out better than we can the salary that will be necessary for the Director to have in their particular community. Each individual or family will have to be assessed probably from two to five dollars a month for this service, depending upon how much attention they desire.

Remember, this is health insurance of the right sort. Instead of paying someone to cure you after you are sick, you pay someone to keep you well.

And please note that these Health Directors will in no way encroach upon the work of medical doctors. They will not treat disease. They will not assume any of the prerogatives of the doctor. If anyone in his community desires information in reference to natural methods of treating a particular disease they will, of course, give them whatever knowledge they possess in reference thereto, but these Directors will assume no responsibility whatsoever as to its application. The patients, themselves, will have to assume this responsibility or the doctor in charge of the case.

These Health Directors will neither have the time nor inclination to fight the medical laws. Therefore, their work will in no way encroach upon medical rules and regulations. These particular features of the service will, of course, have to be worked out more in detail but the general idea of the plan is here presented and we would like to hear from all those who are interested as early as possible.

IF YOU DON'T EXERCISE— YOU DIE!

It's the plain truth, fellows, and you might as well face it. The human body demands exercise to keep it alive just as surely as it does food. If you doubt it, tie your arm to your side for one month and watch it waste away.

There's a RIGHT way and a WRONG way

Some will say, "That's all right, but you can exercise too much." Right again. You can also kill yourself by over-eating, but you eat just the same. We have been taught to eat moderately three times a day and we will get the best results. But what do you know about exercise? What exercise will do *you* the most good? And how much and how often should you take it? There is only one way to find out.

SEEK THE MAN WHO KNOWS—

When you are sick you go to a doctor for advice because he has devoted his life to the study of medicine and its effect on the human system.

I have made "muscular development" my life study. I have proven my system on both myself and my thousands of pupils who are now among America's leading strong men and directing big business enterprises.

A PROVEN SUCCESS

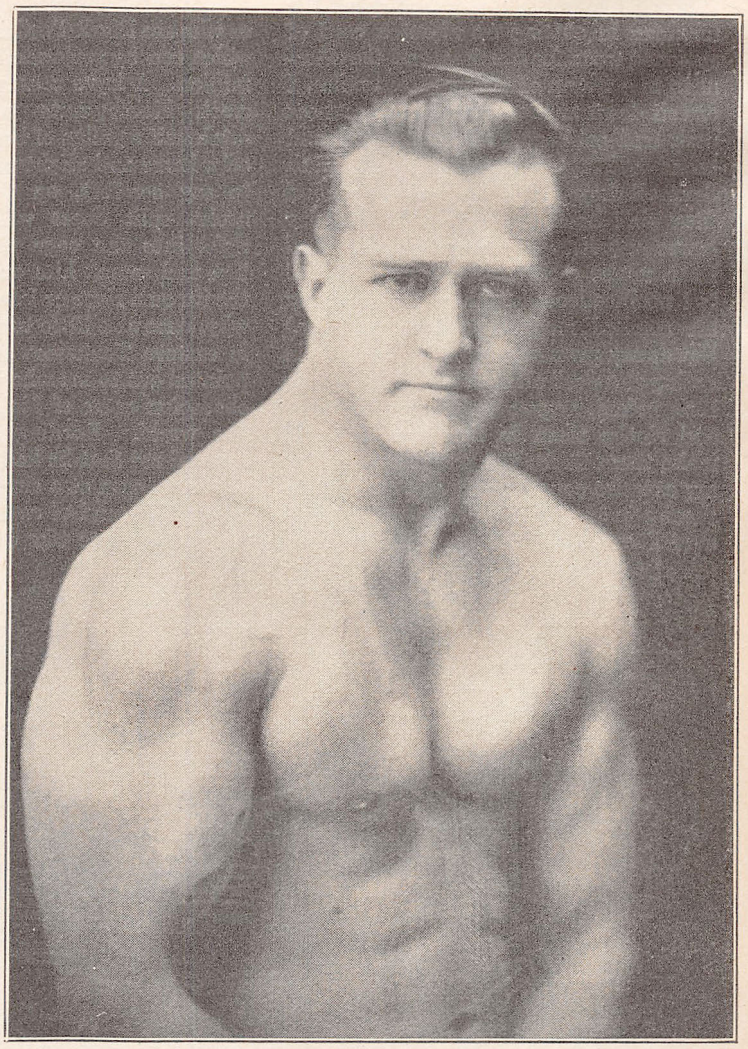
Why do such men as Tex O'Rourke (who has trained more world's champions than any other) recommend my system so highly? There is but one answer. *It never fails.*

I don't promise strength. I guarantee it. Inside of 30 days I guarantee to add one full inch to your arms and two full inches to your chest. Meanwhile, I work on every muscle of your body —both inside and out. But that's only a starter. I want 90 days in all to make a real *he* man out of you. I will give you a physique that will make your friends admire you and respect you. I will put a flash to your eyes and a spring to your step that only come with abounding health and strength. I put real pep in your old back-bone and give you a clear thinking brain to handle any problem set before you. This is no idle prattle. Come on and make me prove it. Make me eat my words. I like it because I know I can do it. If you want to let your body rot away, keep on the way you're now doing, but if you want to be a *live* one, write me at once.

EARLE E. LIEDERMAN

Dept. 72

305 BROADWAY NEW YORK



EARLE E. LIEDERMAN
as he is to-day

SEND FOR MY LATEST 64 PAGE BOOK— "MUSCULAR DEVELOPMENT" IT IS FREE

It contains dozens and dozens of full page photographs of both myself and my numerous pupils. This book is bound to interest you and thrill you. It will be an impetus—an inspiration to every red blooded man. I could easily collect a big price for a book of this kind just as others are now doing, but I want every man and boy who is interested to just send the attached coupon and the book is his—*absolutely free.* All I ask you to cover is the price of wrapping and postage—10 cents. Remember this does not obligate you in any way. I want you to have it. So it's yours to keep. Now don't delay one minute—This may be the turning point in your life to-day. So tear off the coupon and mail at once while it is on your mind.

EARLE E. LIEDERMAN
Dept. 72, 305 Broadway, New York City

Dear Sir:—I enclose herewith 10 cents, for which you are to send me, without any obligation on my part whatever, a copy of your latest book, "Muscular Development." Please write or print plainly.

Name.....

Address.....

City..... State.....

(Why do imitators try to copy after me? There is only one reason.)

Moderate Smoking Doesn't Hurt *Me*

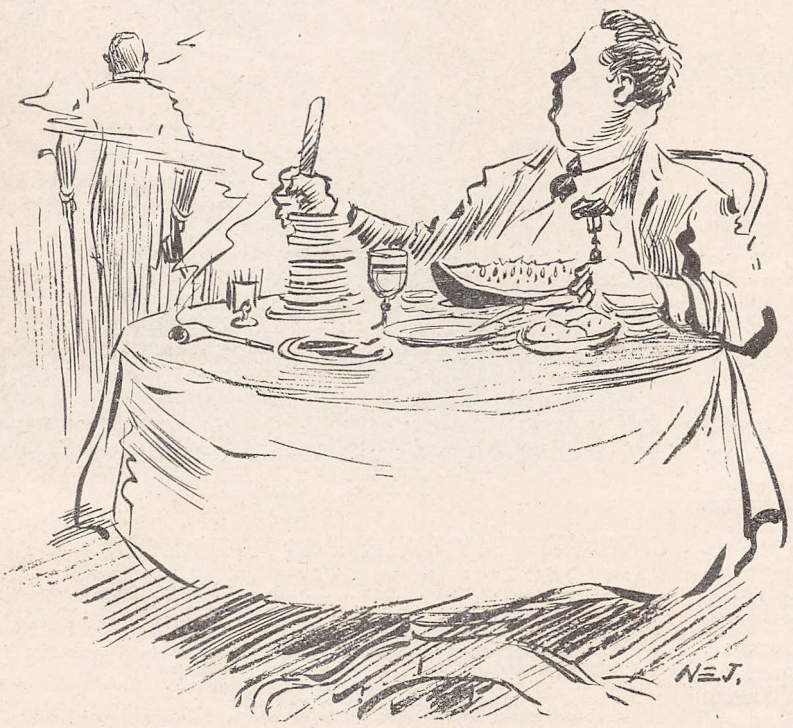
(*Continued from page 53*)

learn how much indigestion there is in the country—to say nothing of nervous and heart troubles.

When I go out camping, and spend the forenoon in cutting up about a cord of seasoned wood for the fires, and the afternoon in a tramp of ten or fifteen miles, I can sit down to the evening meal and eat pork and cabbage and corn bread and beans and apple dumplings and wash them all down with a cup of coffee, and then sink back on a thin bed of dry leaves and sleep like a policeman. And I can smoke a cigar after each meal and feel no ill effects. (I have never in my life smoked more than four per day.) But as my present occupation consists in sitting at a desk all day, trying to capture little naked, vagrant, shivering thoughts and clothe them in language that will make them fit for the public eye, and as my exercise consists only of certain calisthenics in the morning and a walk whenever I can steal the opportunity away from duty and the weather, I eat very lightly, drink tea and coffee not at all and smoke about once in a blue moon.

I admit that once in a long while you run across some fellow whose system seems to be almost proof against the evil influence of nicotine. Mark Twain smoked like a factory chimney all his life, and lived in fairly good health until he was well up in the seventies. His physician remarked of him that his was one of those rare constitutions which appear to be immune to the ill effects of tobacco. And yet, who knows? If Mark hadn't been a smoker, that rugged mechanism of his might have kept him alive twenty or thirty years longer.

Incidentally, there are mighty few of us who are Mark Twains. There are feats which can be performed by one man in a million. I have seen people who could crack hickory-nuts with their teeth, drink half a gallon of beer at a sitting, fall off a horse and alight with impunity, not to say comfort, on the back of their necks, split doors with their fists, go right into the cage with an indignant lion and smack him on the wrist, break the ice on a river or lake to take a bath—why, once at a little town called Tazewell in eastern Tennessee an old codger was pointed out to me who was said to be the champion eater of his district, if not of the world. Leading citizens solemnly assured me that he had eaten as many as six dozen eggs at a single meal. Not one in ten thousand of us could achieve such feats, and those who do them are taking foolish chances. Even so with habitual smoking; you *might* be one of the very few who could do it without perceptible harm to yourself, but why assume an unnecessary risk?



"The only way to keep my weight down is to smoke steadily," he declared. And then he said he didn't eat much.

But if smoking a great deal will do you much harm, will not smoking a little do just its own tiny pernicious bit? Why should we indulge in anything that does us the least modicum of damage and no abiding good but gives merely a momentary pleasure? I wonder?

In a bunch of hikers with whom I used to walk all over the mountains when I lived at Chattanooga, Tennessee, I noted that more than half of them did not smoke at all, and several others very little; and that those who did not smoke were among our very best walkers and climbers. When we went out for a one-day's tramp, it usually meant climbing a mountain in the morning and coming down in the afternoon. I found that if I smoked a cigar after breakfast that morning, it cut down my wind-power considerably when I was climbing the mountain. My reactions in this regard were so noticeable that when I was planning to go on a long walk of a week or two through the wildest of the mountains, I made it a practice to cut out smoking altogether for a month before I started.

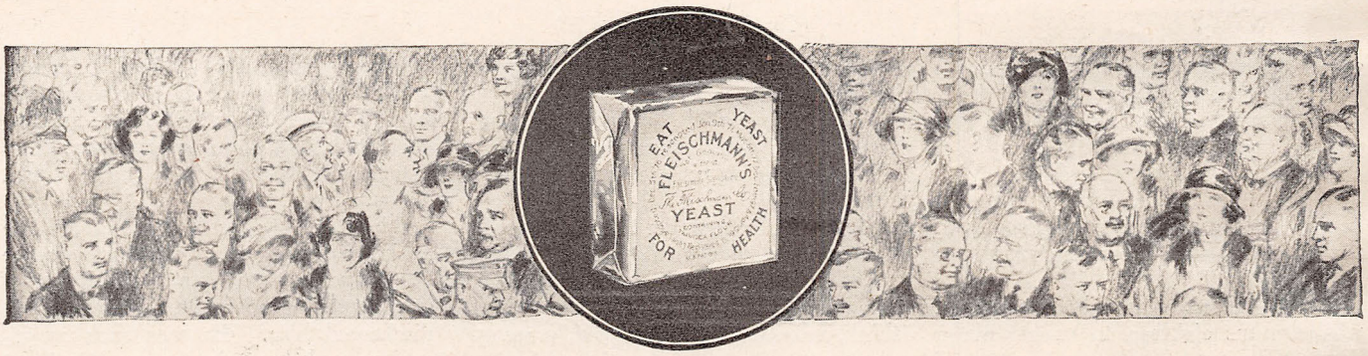
I recall one fellow who sometimes went with us on our one-day trips who was an habitual cigarette smoker. When climbing, he was always in distress. He would pant and groan, fall behind the rest, turn red as a lobster and sweat! Heavens, how he would sweat! It rolled off him in rivers! Nature was trying her best to purge him of the poison, but he always managed to keep one or two laps ahead of her.

There was another man who was an inveterate pipe and cigar smoker, and he, too, was a poor climber, short of breath, perspiring—once on a warm day being almost overcome and giving us no little alarm. On rough ground he often fell hundreds of yards behind us, and we would have to stop and wait for him. He was seriously troubled most of the time with nose and throat ailments, too.

Why are athletes in training absolutely forbidden to touch tobacco in any form—not even a single cigar or cigarette during the whole training season? The prohibition is very significant. It is because no athlete should enter a contest even a hair's breadth below his best possible condition. Among the middle-Western freshwater colleges, where I received my education, training rules could not always be as strictly enforced as in the large universities. I remember one intercollegiate athletic event when our star middle-distance runner was seized with a terrible cramp in the 440-yards, dropped out and lost the race. He confessed that at the hotel breakfast table that morning he had eaten one hot biscuit. Similarly, I have known a race to be lost because a runner sneaked out behind the house and smoked one surreptitious cigarette.

One day about three years ago I encountered on the street a young friend of mine who had been an artillery officer in France. There were dark crescents under his eyes, his face was twitching and there were many little lines in it that shouldn't have been there. I didn't say anything about it, but he evidently saw the concern in my face, and explained, "I'm

(*Continued on page 74*)



RAISED TO A NEW IMPORTANCE IN THE LIVES OF MILLIONS

Science has found in the familiar cake of Fleischmann's Yeast a way to combat three common complaints

For fifty years the familiar little cake of Fleischmann's Yeast had been in daily use in millions of American homes. Yet until three years ago it was considered merely a necessary item in baking the most wholesome bread.

And then experiments in some of the country's greatest laboratories raised the familiar foil-wrapped cake to a new importance.

First it was discovered that Fleischmann's Yeast was peculiarly rich in vitamin, without which no amount of food can nourish the body properly. And now millions of run-down men and women are finding in it the very elements necessary to regain normal health.

Then came the discovery that the tiny living cells of Fleischmann's Yeast help to cleanse the body of the poisonous waste that constantly accumulates. And an ever-widening circle of users are finding freedom from bondage to cathartics.

And now it has been shown that Fleischmann's Yeast by increasing the white corpuscles in the blood acts as a powerful agent in clearing the skin of boils and pimples. And so a third group, large and growing, are finding relief from embarrassing skin disfigurements.

Everywhere physicians and hospitals are prescribing Fleischmann's Yeast today. Eaten regularly (for it is a food, not a medicine), it is helping thousands of men and women to regain the joy of vigorous health. Letters from every state bear daily witness to the new place Fleischmann's Yeast has achieved as a health-builder for the nation. THE FLEISCHMANN COMPANY, Dept. 7111, 701 Washington Street, New York City.

Appetite and digestion restored

The great problem for people suffering from run-down condition is first to stimulate the appetite, and at the same time make it possible to digest the increased food that is eaten. Fleischmann's Yeast has this remarkable effect on the digestive system. It enables you to eat more, and to get more benefit from the food you eat.

Laxatives made unnecessary

Fleischmann's Yeast does for you naturally and permanently what drugs at their best do only artificially and for a short time. In hospitals, even chronic cases respond to it, and normal functions are restored in from 3 days to 5 weeks. Fleischmann's Yeast is assuring to thousands a complete daily elimination of waste matter.

Skin and complexion cleared

Skin troubles are generally danger flags of lowered vitality. Fleischmann's Yeast is now established as a food which corrects the basic cause of pimples and boils by building up the whole system and keeping stomach and intestines in a natural healthy state.

An absorbing free booklet tells what Fleischmann's Yeast has done for others and can do for you. Send this coupon for it today!

THE FLEISCHMANN COMPANY
Dept. 7111, 701 Washington Street, New York, N. Y.

Please send me free booklet, "The New Importance of Yeast in Diet."

Name.....

Street.....

City.....State.....

Eat two or three cakes a day regularly — plain, or spread on crackers, or mixed with water or milk.

(*Continued from page 72*)

cutting down on my smoking, and it's going pretty hard with me."

"How many cigars are you smoking per day now?" I asked.

"I got down to nine yesterday."

"Good Heavens!" I exclaimed. "I believe even that many would soon put me out of business. How many have you been smoking?"

"About as many as I did in France, which means eighteen to twenty-five a day! Of course, while I was over there I was getting plenty of violent exercise and the smoking didn't seem to bother me so much, though I began to notice even then that I was more nervous. But I thought it was all due to the strain of the war. Since I came home I found I couldn't keep up the pace; I'd either have to cut down my smoking voluntarily or it would be cut down for me in a padded cell. But the process is certainly slow torture!"

He went on to tell that cigars and cigarettes took up more room than anything else in the officers' baggage when they were on the march. When I saw him several weeks later, he had gotten down to three cigars a day—one after each meal—and said he felt like a new man.

I knew another fine, active young fellow who thought he had a constitution of iron, and who was a constant cigar smoker. When war came on, he sought to enter an officer's training camp, and could have won through easily had it not been found that his smoking had slowed up his heart action very materially. Startled by this revelation, he cut down his smoking to a very small allowance; and presently the draft came along and he was taken in as a private, his moderation in smoking having brought his heart back to normality. My Lady Nicotine played a rather scurvy trick on him!

One of the most curious excuses I ever heard given for habitual smoking came from a bank teller I once knew. He was a fellow who must have weighed two hundred or more. He had a round, ruddy moon face, with pudgy cheeks crowding his mouth on either side like a cupid's. He was an incessant smoker, a pipe being his favorite poison.

"No sense in my leaving off smoking," he said to me one week-day, when we happened to sit down at lunch together in a restaurant. "I've tried it three or four times, and every time I quit I get fat. Only way to keep my weight down is to smoke steadily."

He had begun his lunch with a melon and a thick soup, and the waiter had just set before him some breaded veal cutlets, potatoes, green peas, a salad, plenty of bread and butter and a cup of coffee. He warned the waiter that he expected to conclude the festivity with a gob of ice cream smeared over a segment of mince pie.

"Perhaps," I hinted as delicately as I could, but with a meaning glance at his lunch, "a slight correction in your habits of eating—"

"W'y, dang it!" he protested, aggrievedly, "I don't eat much!"

I picked up my check and went sadly away.

How well I remember that professor in a big medical college whom I once heard remark, "The evils of cigarette smoking are greatly exaggerated!" He was, I think, not over fifty years old, a recognized authority on his special subject in the curriculum, but his lectures were marred somewhat by his nervous ailment—if it wasn't St. Vitus's dance, it was St. Somebody Else's. His gait was slow and jerky. He couldn't have managed to hold all his muscles still for five seconds if you had offered him a million dollars to do the feat. He was irritable and capricious. He smoked cigarettes almost incessantly, only occasionally varying the program with a cigar. The fingers of his right hand were stained as brown as a tobacco leaf itself.

"I've been smoking cigarettes for thirty years," he piped, "and they've never hurt me. The evils of the habit are greatly exaggerated."

One of the saddest and most terrible cases within my memory was that of a man whom I came to know well when he was sales manager of a large manufacturing concern. He was, I believe, the most inveterate cigarette smoker I ever saw. He told me once that he often smoked ten or twelve packages of cigarettes a day. There was a "no smoking" rule in the general office of the concern, and as he would not cease his smoking during business hours, he had a little wing to himself where he kept the air befogged continuously. He had smoked from early youth, and he was then past forty. I found that he had changed jobs frequently during his career. He was a brilliant fellow and a hard worker—a perfect dynamo of nervous energy—so he never had any trouble in getting a new job if he wanted it. He was as honest and decent a man and as faithful a friend as one could wish to see; but he was very nervous, impatient and had an explosive temper. Finally, these vagaries got on the company's nerves, and when there came a shake-up in the office force, he lost his position.

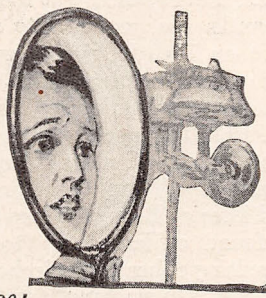
He tried real estate for a while—he thought he'd always had a sort of taste for it—but real estate wasn't very active just then and he didn't prosper at it. He had days of bitter depression at times. But presently he went into the employ of a concern which was about to establish several branches in other cities. X. was sent out to open up the first branch. He left, buoyant, jolly and confident. Within two weeks he was back. The manager had recalled and discharged him by wire. X. was very bitter about the matter—he said no good reason had been given him. We, his friends, thought the action of the firm was strange, even reprehensible. But we guessed afterwards that the manager must have noticed something, must have heard things. . . .

Within a few days X. was enthusiastic again. He had decided to go over to the other city and open up a house of his own in competition with the firm which had discharged him. He was such an ingenious and dynamic chap and had put across so many good ideas in the past that we did not think the idea impossible But presently I began to suspect that he was dreaming on rather a grand scale about his venture. He had blue prints drawn of his proposed building, in which he showed something of his old skill in planning. He wanted W., another of his friends, and me to work with him, offering us one hundred and fifty dollars a week to start on, with promise of a substantial raise within a few months. Every day he struck off new ideas, some of which appeared to be clever advertising schemes at first, but they rapidly grew more and more fantastic. I haven't space to tell them all, but I might mention that he finally devised a trade-mark for the business, and purposed having it stamped out of metal in a size suitable for wearing on his shoes as buckles; also he planned a bright red suit of clothes with the device appearing all over it in white. His descent to this stage had been so rapid that I could hardly realize that it was my old friend who was indulging in such absurdities. There was an odd look in his eyes, and he was spending what little money he had on his wild ideas, so I decided that someone ought to look into the matter. His friend W. lived much nearer to his home than I did, so I called W. up and said, "Have you noticed anything wrong about X. lately?"

"Have I?" he retorted. "I was just on the point of calling you up about it. Something will have to be done immediately." He then went on to tell me that Mrs. X. was living in daily terror for her life and for their two children. X. had been having fits of terrible depression when he threatened to kill his whole family. In the last two or three nights she had hardly slept an hour, and she did not believe she could spend another night in the house with him. On the previous night he had kept a hatchet by his chair all evening—she had sent the children over to a neighbor's—it was sickening, the story that W. poured out. He came over to my office, we picked up a third friend and went before a magistrate with heavy hearts to make the depositions necessary to have X. taken in charge. After being taken to the sanitarium his decline was more rapid than ever. A friend who called there a few months later told us that he had become paralyzed on one side, his face was bloated and dis-

(*Continued on page 76*)

Science Says: "You Need not Have Gray Hair"



The Way at Last Discovered to Give the Hair Its Exact Original Shade without Mussy, Sticky, Greasy or Colored Preparations.

This Clean, Colorless Liquid Restores the Former Color.

Results in a Week.

Science again has scored a triumph in the discovery of a very remarkable liquid which makes it unnecessary for anyone to endure gray hair or to use disagreeable, sticky, greasy or dark colored solutions to change it. Just apply this liquid to the hair and scalp and the grayness goes, the hair assumes its former color and takes on a most delightful cleanliness and beauty of texture.

Women neglected in social life because the "silver threads" have put the ban of age upon them; men refused advancement in business because their graying hair stamps them as "too old for active service"—can now cast worry to the winds. The secret is theirs by which they can take years from their appearance.

This preparation comes in the form of a liquid, clean and colorless, containing properties which quickly restore the lost color to the hair and give it renewed vigor. Simply apply it to the scalp and hair and soon you see the lost color returning to give your hair its former luxuriance and beauty. And note that this preparation is for all colors of hair. No special solution required for each color. No samples of hair—no "matching" to obtain the right shade.

Now you have the secret. Its name is Kolor-Bak. And now also you have the means of banishing your grayness in the simplest, easiest way you can imagine.

You will find that Kolor-Bak brings uniformity in the restored color. The hair will be the same color throughout. It will not appear streaked or faded. Nor will it have a "dyed" appearance.

You not only have this uniformity, but you see your hair come back to the actual shade it had in the past. Application of this remarkable liquid to gray hair means that hair once brown becomes brown once more, once red it becomes red, once black it becomes black, once blond it becomes blond. The one clean, colorless solution is for any and every color.

Every scientist, every physician, knows that gray hair is hair that has ceased to receive its normal supply of coloring matter or pigment from certain tiny cells (called follicles and papillae) in the scalp, because these cells have become inactive from illness, shock of some kind, scalp disease, dandruff, infection, neglect of the hair, or lack of circulation, etc. No matter what the cause of the grayness, it is simply amazing to see how it disappears when Kolor-Bak is used.

Thousands have found that Kolor-Bak works wonders in the most persistent cases of dandruff, itching scalp and falling hair. It quickly cleans the pores of the scaly matter which impedes circulation and evidently destroys the germs which feed upon the nourishing matter which should be absorbed by the cells and follicles. Thus it helps to keep the hair from becoming brittle or falling out. The dandruff goes, the itching ceases and the hair grows thick and glossy, healthy and strong. Kolor-Bak is actually a scalp and hair tonic because of its cleansing, stimulating qualities which promote health and strength—thus aiding Nature to bring about a normal condition of the hair.

Gray—"Too old for active service"

Thousands Tell What Kolor-Bak Does

"It restored the natural color to my hair and has cured my little girl of dandruff."

"Am 60 years old. Hair was white. Now brown as in youth."

"One bottle restored my gray hair to its original color and put my scalp in healthy condition."

"Hair was streaked with white. Now a nice even brown and dandruff all gone."

"My hair was falling out badly. Kolor-Bak has stopped it and put it in fine condition."

From everywhere come words like the above, praising this wonderful treatment for the hair.

Nearly all leading drug stores and drug departments now have Kolor-Bak.

Free Trial Offer

We invite every reader who has gray hair or who suffers from itching scalp, dandruff or falling hair to prove Kolor-Bak without risking a penny. We are making a special proposition, particulars of which will be sent by mail to those who ask for it. No money to send, only the coupon. No need to send any sample of your hair, as the one clean Kolor-Bak solution is for all hair, regardless of former color.

My Hair Was Quite Gray

"Only a short time ago my hair was quite gray and becoming grayer. It was falling out. My scalp itched and dandruff appeared.

"Only a few applications of Kolor-Bak stopped the itching and dandruff. My hair soon stopped coming out. Most wonderful of all, however, is that my hair is again its original color. I look ten years younger." (*A Typical Letter*)

Mail the coupon to Hygienic Laboratories, 204 South Peoria Street, Dept. 1175, Chicago, Ill.

Canadian customers supplied from our Canada laboratories.

HYGIENIC LABORATORIES,
204 S. Peoria St., Dept. 1175, Chicago

Please send your Free Trial Offer on Kolor-Bak and your Free Book on Treatment of the Hair and Scalp.

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Address .....

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Know What It Can Really Do

You don't have to experiment—take a chance—or spend a lot of money to find out about *high frequency* electric currents.

If you want to take Violet Ray treatments you can get the whole truth about them before you invest one cent in any outfit or course of treatments.

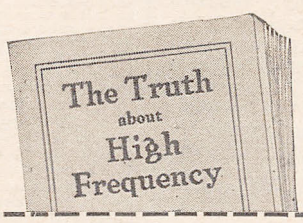
Know the Truth

Read what Dr. S. H. Monell, M.D., says about it in his book "The Truth About High Frequency." He tells you in language that anyone can understand just what High Frequency Electric Currents can and cannot do for you. He is an acknowledged authority on electric therapeutics who tells the whole truth about the Violet Ray.

SEND for THIS BOOK

Slip a dime into an envelope and enclose the coupon below for an unbiased, authoritative statement by one who knows what the Violet Ray can actually do.

We can refer you to dealers who will demonstrate reliable Vi-Ray-O outfits.



Western Coil & Electrical Company
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Enclosed find 10c for "The Truth about High Frequency."

Name .....

Address .....

City..... State.....

(*Continued from page* 74)

torted beyond recognition and his hair was white as snow. Only a few weeks longer, and the news came that he was dead.

New Yorkers may remember the case of the plain clothes officer who ran amuck a few months ago, rushed into a small restaurant on Eighth Avenue and beat up everybody in the place—men, women and children—then ran out on the street and blackjacked everyone in sight, even dragging a driver off a truck to knock him senseless. When the officer was examined later at Bellevue Hospital, the doctors found evidences of "toxic delirium resulting either from alcoholism or excessive cigarette smoking"; and as the man was not a heavy drinker, but admitted smoking cigarettes in great quantities, the blame was easy to place.

Now I have admitted that one may smoke an occasional cigar, but that still leaves as an open question the quantity which each individual may allow himself. I should say that that depends upon your personal idiosyncrasies. But I firmly believe that ninety-nine out of every hundred men, if they smoke at all, should be rigidly limited to three cigars a day, and most of them should smoke even less. The great difficulty is that so few people are able to limit themselves to a minimum amount of anything. Scores of men, threatening to quit tobacco, have said to me, "If I could smoke as little as you do, I'd be all right. But if I smoke at all, I smoke too much, so I've got to quit it cold." Which is a rather deplorable confession of weakness. They remind me of that old Englishman in one of Captain Robert Marshall's plays who complained bitterly when the "Times" was late in arriving, because he said that when he was waiting for the "Times" he always drank too much tea.

"But can't you make up your mind to restrain yourself?" asked one of the family.

"I can make up my mind fast enough," he admitted, "but I can't restrain myself."

If, therefore, so few men are able to restrain themselves, would it not really be better on the whole if we shunned tobacco altogether? When you are in great pain a doctor may come with a hypodermic needle and shoot an opiate into your arm and give you blessed relief; and if the pain makes a fresh attack, he may do it again. But beware how you insist upon its being done again and again, just because the pain lingers a bit, and you want that delightful surcease and comfort which the opiate gives. It is ten thousand times easier to stop a habit before it begins than afterward. If you have not the will sternly to control your every appetite and inclination, it were better never to touch tobacco at all.

The Autobiography of a Prize Fighter

(*Continued from page* 30)

sat on him and rubbed sand into his hair and down his shirt.

After that I rose sullenly and hastened home, without a mark on me. It was my first fistic victory. Nobody at home except Art ever heard about it, and he kept his mouth shut, whereupon I slightly revised my estimate of him.

The next day at school there was a difference. While most of the boys still avoided me I noted they lacked the derisive glances. Two of the little ones spoke to me with a sort of ashamed welcome.

I grew more reserved, more proud, more determined. I could hardly wait for school to let out and I met Willie Breek as he scooted down the back stairs. "Ye dassen't come to the Hollow to-night!" I hissed.

"Dassen't?" he cried back, "I'll beat ye there!"

Twenty minutes later I had Willie Breek down on his back for the first time, while a dozen boys looked on. It was our twenty-fourth encounter. I had lost twenty-three, but at last I had won.

As soon as Willie gained his feet he called for another crying "accident." Again I threw him. Then I threw him for the third time. And the next afternoon I repeated.

After that Jack McGonigle and not Willie Breek was the champion of the Fifth grade.

Now there came pouring upon me my first demonstration of the littleness and cheapness of human beings. Where before I had been alone, outcast, ignored, now I was the most sought after boy in school. Had I not thrown the champion wrestler and had I not licked the most popular member of the grade?

Instead of warming to it my heart sickened. I knew well that within myself I had not changed. Yet, within a month, from being nobody I was a most important person. Instead of accepting any of the friendship proffered me I refused it all sternly. I became filled with a profound cynicism, and came to suspect the sincerity of all.

Indeed, the world turned topsy turvy for me, and stayed there, where it has been ever since. I was sought, worshipped, admired by those with whom I came in contact, and yet I had won the adoration of my schoolmates by doing that which my mother abhorred and which my father forbade.

Instead of questioning the justice of my parents I despised the weakness of my schoolmates. Perhaps the consciousness that I could whip any one of them and that they were fawning on me for

(*Continued on page* 78)

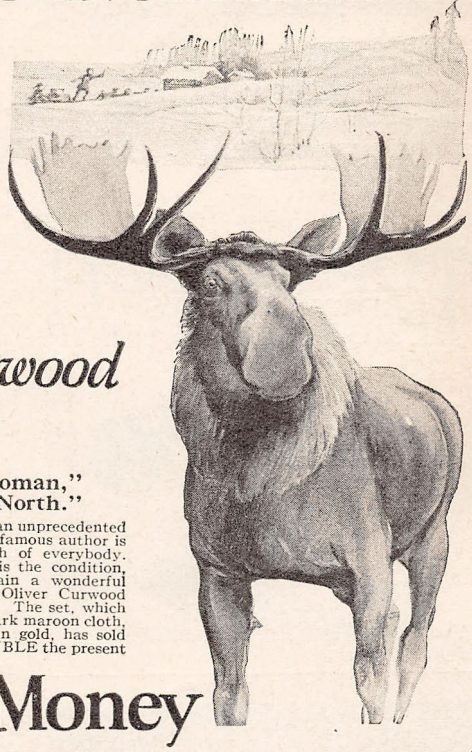
From the Great White Way *to the* Great White Spaces

This great author knows the animals of the wilderness more intimately than any other writer. His absorbing tales of their adventurous life are laid in the range of country where no hunters go.

Pack up your troubles *and* follow CURWOOD *into* Adventureland

COME to the great magic land of the Northwest — come where the breath of Romance stirs in the blood of men and women—come to the land of adventure, strange, enchanting, wondrous. Stand under the great open sky—gaze at the wondrous Red Moon and the North Star—hear the cry of the wolf pack—thrill to the magic of the forests—sit by the soft glow of the camp-fire—come to the top of the world! and feel the spell of the vast white wilderness! You do not have to stir out of your easy chair to do it.

James Oliver Curwood takes you to the North Country, where splendid adventures are always happening—where romance steadily spins her golden web of enchantment. Here is great drama, played by great and fearless men who quicken your red blood and lift you clear of care and worry, carrying you far and happily into Adventureland!



6 Complete Novels—*James Oliver Curwood* *Now at a Special Price*

"The Hunted Woman," "Baree, Son of Kazan," "God's Country and the Woman," "The Grizzly King," "The Courage of Marge O'Doone," "Nomads of the North."

There never was a writer with the compelling power of James Oliver Curwood. His books have that gripping, broad interest of big things done in a big way. Whether you read about "Baree, Son of Kazan," the story of the little outcast wolf-dog, or about "The Hunted Woman," the appeal fairly takes you by the heart. You find yourself gripped by this great writer's power. As no man has done before, he brings to you the atmosphere of the North, the appeal and mystery of the wilderness, the scent of crisp air, the overpowering sensation of great, untrammeled spaces.

Here are the humor and tragedy, the grip and gladness of a great and glorious country. More than 2,000,000 copies of these books have been sold. The tales have been eagerly sought by moving picture companies.

And now you have the opportunity of obtaining a beautiful six-volume set of James Oliver Curwood at an unprecedented price! At last this world-famous author is brought within the reach of everybody. By acting quickly—that is the condition, remember—you can obtain a wonderful six-volume set of James Oliver Curwood for practically half price! The set, which is beautifully bound in dark maroon cloth, with the titles lettered in gold, has sold regularly for almost DOUBLE the present price!

James Oliver Curwood used to sleep with a young grizzly bear, and as a result of this close study his novel, "The Grizzly King" is one of the most entrancing and realistic animal stories ever written.

Send No Money

If you are tired of ordinary novels, if you are "fed up" with the humdrum of your daily routine, if you want to feel the clean white snow of the great Northwest under your feet, if you want to live among real men and real women follow Curwood into adventure land! Don't bother to send any money. Merely mail the coupon and the six volumes of Curwood will be sent to you at once. When they arrive you have the privilege of examining them for seven days, and then paying for them in small monthly installments. This offer is good only while the present special edition is available. Take advantage of it now—mail the coupon at once and make sure of your set.

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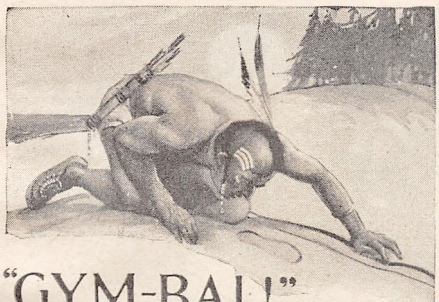
By sending cash with your order you can secure the set for only $7.00



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The Shoe that will give you real service and economy

Top Notch Features

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3. Uppers of long fibre Top Notch Duck.
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Gym-Bals are great shoes for games and hikes and camping trips. They are fine indoors or outdoors, afloat or ashore. Be sure to have a pair or two in your summer equipment.

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Send for a copy of "Hiking, Camping and Sports. How Athletes keep fit" by Clint Little. Contains many suggestions to keep you well and husky and to give you speed.

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DON'T dye old hair, but grow new hair, of normal color, and eradicate dandruff, baldness, falling hair, and other ills, by THE LIFE WAY METHOD.

Awaken, Vitalize and Energize the scalp—making and keeping it soft, cool, flexible and fertile—Feeding, Lubricating and Cultivating the hair—Toning up the pigment glands, so they will Color the Hair from Within.

I do not use any tonics, dyes, apparatus or drugs.

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(*Continued from page 76*)

that reason alone, while my soul yearned for true friendship, set me apart.

I don't know why it was, but I know that I was more desperate for understanding after I whipped Willie Breek and Joe Cutler than I had been before.

CHAPTER III

Of all the attention I got after those early contests only one pleased me. The Gang wanted to take me in now, but somehow I didn't care to be a part of anything they did. I had the same feeling for all of them that I had had for Art the day he kept quiet and let me be punished for fighting in his behalf.

It's a funny thing—that dissatisfied feeling. It seems to have dogged me all my life. Of all the things I have wanted desperately none seemed worth having once I possessed them. There I had been eating my heart out because the boys wouldn't take me "in"; then, when they did take me "in" the comradeship seemed despicable and I would none of it.

As I lost desire to be rated high among my schoolmates another desire grew on me. It is one that has lasted my life long, and I find it hard to explain. I wanted my father to approve of me. I wanted him to praise me.

As I look back now I realize that this desire has done more to make me than anything else. And I cannot account for it. He has had precious little sympathy with anything I have done. Only twice in my whole life do I remember words of commendation from him. Whenever I got in trouble he always took the side of the other fellow to show me how I was wrong. He was crude and dictatorial with me, and in the early years I seldom spent a pleasant moment with him.

Yet somehow I knew that he loved me. But, more than that, I recognized the sense of justice which ruled everything he did. His sense of justice was splendid and incorruptible. He spared no one's feelings, but spoke the truth as he saw it, regardless of consequences.

It may be that my father, without words despite his harsh disapproval, gave me that understanding for which I was longing desperately. My mother, gentle, kind, unselfish, was a conventional figure for odd moments—the peaceful moments.

But when the fierceness came on me, when my teeth set square and the breath rose deeply from the pit of my stomach, I could *feel* Father beside me, muttering; "Steady, Jack, my boy, steady! Ye'd best make good use of that wild temper and not throw yerself away entirely with it!"

Once and once only he said to me, "Remember, boy, you have the best blood of Ireland in your veins. That means ye've got to play square and be the gentleman."

Most of the time he paid no attention

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Physical Culturists in the making

The development of the body through exercise is often accompanied by stiff, lame, sore muscles.

Over this period, Absorbine, Jr. affords welcome relief. Gently rubbed over the parts affected, the immediate application of a few drops prevents an aftermath of aches and pains.

Fully developed athletes find Absorbine, Jr. good after over-exertion in work or play. Athletic trainers use and recommend it diluted for the rubdown.

You will find Absorbine, Jr. safe; of a clean, pleasant odor and without the usual liniment stain.

At most druggists, $1.25, or postpaid.
Liberal trial bottle, 10c, postpaid.

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BE STRONG!
BE HEALTHY

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FREE instruction chart with each exerciser. Light tension (for children) $3.25. Medium (for men and women) $3.50. Heavy (for developed adults) $3.75. Extra Heavy (for athletes) $4.00. SEND NO MONEY. On arrival pay postman above price plus few cents postage. Satisfaction guaranteed. Literature free.

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to me. He was a busy man, and he ruled his family with erratic despotism. His word was law with us, but when he smiled and sang and romped with us he was one of the boys.

I was very careful that none of that Cutler scrap got to Father's ears; not so much because I feared the consequent hiding, but chiefly because I so much desired his good opinion. Perhaps I despised my schoolmates because I intuitively knew what he would say if I should tell him all the circumstances. "Scum," he would call them, and sneer in that lordly way he had, and never refer to the subject again. Though he would doubtless keep his word and "larn" it to me "twicet."

I started to tell of the only attention that pleased me after the Cutler and Breek affairs. It began a few days later when, on the way to school one morning, I overtook Minnie Demarest.

Before that Minnie had never found the time to talk with me. and I was too bashful ever to intrude. This morning I was hastening past her, quite aware of her sweet presence, but too shy to speak, when I heard her quiet laugh and then she called my name.

I slowed up a bit and walked beside her. The joy of that May morning surges through me again as I recall it. There never had been so beautiful a day before. Just her quiet laugh seemed to lift the sullenness from off me as the sun would split a fog bank.

"You're never home," she said, "when I come to see Josie."

"O! I dunno!" I replied. As a matter of fact whenever I saw her coming I would run.

"Well, I know you aren't. Why?" There was a pertness in her that put the strength out of me like the fist of Big Sid.

"I dunno," was all I could think of.

"I guess you don't like me very well."

"I dunno."

Her eyes grew wide at this and the smile deepened. I felt desperately chagrined at my answer, but lacked the strength to modify it to meet the truth.

"Well, why don't you find out?"

"I dunno."

"Don't you like any girls at all?"

"Yes. I like Josie."

"She don't count. She's your sister."

"I like her just the same."

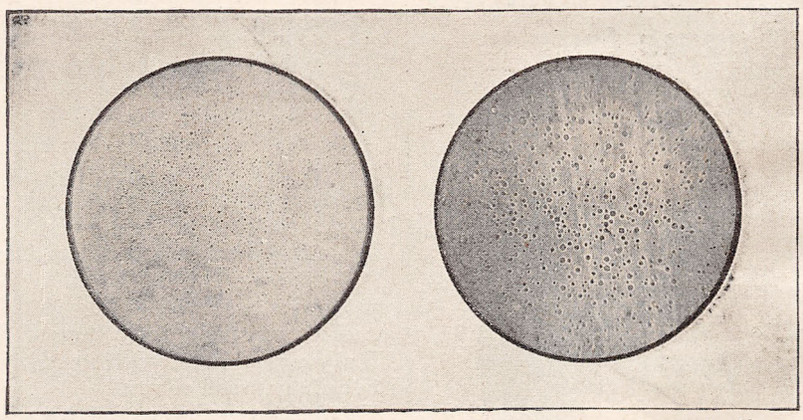
She roared with laughter at this and I felt I had said something terrible, but could not figure out why, and so relapsed into the silence that was my sole protection.

After a bit she looked at me shyly and said, "Jack, would you mind if I felt your arm."

"No." said I, and held out the left one for her. I was embarrassed and glanced the other way while she pinched the muscles in that silly way girls have.

"My!" she exclaimed, "how wonderful!"

"It's not much," I asserted, in a very weary manner.



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KLIM MILK
is more digestible than fresh liquid milk

MANY people who cannot digest fresh liquid milk, find KLIM liquid milk agrees with them perfectly.

In the simple process by which KLIM is made, the butterfat globules, for instance, are very finely broken up and therefore easier to digest.

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KLIM is fresh, clean, pasteurized milk from which the water has been taken—just the solids of milk. To take the water out, the fresh milk is forced through infinitesimal pin holes. It comes out in a mist into a current of warm air which absorbs all the water.

While the spray process breaks up the butter-fat globules and the casein into finer particles no chemical change takes place in the milk. For KLIM is not cooked nor are its particles superheated. All the vitamines are active, the lactose or milk sugar is not carmelized, the protein keeps its natural colloidal form. When water is added it is fresh "live" milk, less than twenty-four hours old.

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What other women are doing you can do. That's not a mere statement—it's a promise—a promise from Miss Roehm, whose years of experience in teaching women to be more attractive than they ever dreamed possible, has endeared her to thousands of them all over the world.

It's Easy To Have a Good Form!

You will find it so too, just as all of the others have done. No matter whether you are fifty pounds overweight or many pounds lighter than you should be, Miss Roehm will show you how to quickly bring your weight to normal. Not every woman can be a Venus, but you *can* have a body that is beautiful and in proportion. It may be that you are interested only in reducing certain parts, in developing a firm rounded bust, or in acquiring the grace and carriage that distinguishes every woman who is really beautiful—these, too, are treated in detail in Miss Roehm's methods.

No matter what condition you are now in you can secure results that will surprise everyone by carefully following her easy instructions. With perfect health, rare poise and grace, and a lovely figure, you will be more attractive than you ever dared hope. You will feel like a different woman, a happier, prettier, more carefree one, with that pleasing personality that always becomes part of such a woman.

"WOMANLY CHARMS"

—which reveals many secrets for the first time

In "Womanly Charms" you are shown how to attain all of the above in the quickest possible time. No unnatural methods are used, no apparatus, no medicines, no diets—just the simple easy system that has been used by famous stage beauties, by prominent society women, by wives, mothers and sisters all over the world, to increase their attractiveness and make life really worth living.

The instructions may be followed in your own room at the expenditure of but a few minutes each day. No one need know you are practising them. Yet, in a short time, you will notice a wonderful change in your figure, and a new buoyant gracefulness to your movements which comes with perfect health.

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So sure is Miss Roehm that you will like this beautifully illustrated book and that it will teach you the real meaning of life, she will send it on five days' trial. If you'd like to try her methods, if you think it worth while to have a charming body and radiant health, if you'd rather have your friends admire than pity you, send her your name and address and $2.00 to-day. The money will be accepted only as a deposit and will be returned to you if "Womanly Charms" is returned for any reason at all within five days. Otherwise, the money will be kept and there will be no further charge. The first edition has already been exhausted—you'd better order now.

VERA ROEHM
Dept. 102, 2310 N. Fifth St.
Philadelphia, Pa.

"But you must be terribly strong—stronger than any boy in school."

"I dunno!"

"How did you come to be so strong?"

"I dunno!"

"You don't look strong."

I let that pass without comment. I was somewhat hurt by the criticism, but a boy cannot afford to let a girl's judgment in those matters have any weight with him, so I decided to be magnanimous.

"I'm not very strong," I said.

At this she bridled as though I had attacked something quite dear to her. "Yes, you are," she asserted stoutly, "and I'm awfully proud of you."

By that time we had reached the schoolhouse and she ran from me toward the girls' entrance, without another word. I worried about her hasty departure for days. Every morning I tried to see her on the way to school, but I never could find her. She managed to avoid me. I lacked the courage to go to her house, and she did not come to see Josie again for months.

For a week or two I grieved a lot over the episodes of that morning. Every word of the conversation stuck in my memory just as I have put it down here, and I canvassed it religiously to see what I had said to offend her. Finally I concluded that girls lacked sense, anyway, and that there was no use of bothering my head about it. She was doubtless a flighty little thing, like all the rest.

The following fall, just after my tenth birthday, occurred the episode which, as I look back on it, I can see changed the whole current of my life. It was what definitely started me on the road to being a prize fighter.

Joe Cutler was at the bottom of it, though I little guessed it at the time. He had been lying low, biding his time, and waiting for a chance to get even, though one would never have thought it from the manner in which he pretended to be my best friend. Only a week after I licked him he gave me the best carnelian shooter he had; after that he frequently gave me commies from his marble bag.

A little while after school opened he asked me why I didn't come with him some afternoon to the Hercules Athletic Club. I went gladly. It was in a loft of a barn eight blocks from where we lived. There was a mattress on the floor, and a horizontal bar; three rings hung from the rafters, and there was a set of boxing gloves.

About twenty boys belonged. One of them was the treasurer and they paid ten cents a month for dues. They were saving up to get a punching bag before Christmas.

On Joe's say-so they let me join and I got the ten cents from my mother. I was earning quite a bit then, mowing lawns and raking up leaves, and Father used to give me a quarter every time a ton of coal came for putting it in.

However, I never kept my money. I

(*Continued on page 82*)

COMMERCIAL ART

Taught By Improved Methods

Many art school advertisements tell about the great and ever increasing demand for commercial artists—big pay—equal opportunity for both men and women, etc. Very good! This is all quite true, but you must *first* be properly taught. Understand? Properly taught! Few top notch artists are good instructors. Very few. By searching through many studios we have found them.

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Endorsed as the official training school for leading Commercial Art houses, employing hundreds of artists. Correct educational methods applied. A practical educator and a corps of top notch commercial artists, offer students the benefit of 20 to 30 years of high grade experience. Only the best instruction is good enough for you. Students finishing half of this unusual course can secure and hold desirable positions. Course can be made to pay for itself many times while studying. Either *class room* or *home study* instruction. *Same course. Same credits.* If you like to draw, let's talk it over. Ask for our book telling all about Commercial Art and the opportunities it presents AS WE TEACH IT. Send 6 cents in stamps for postage.

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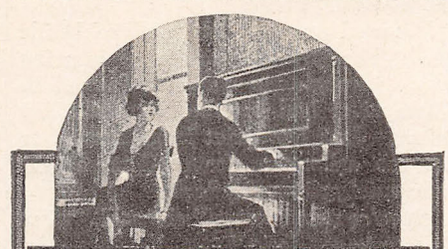

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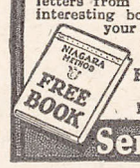

RONALD G. WRIGHT, Director,
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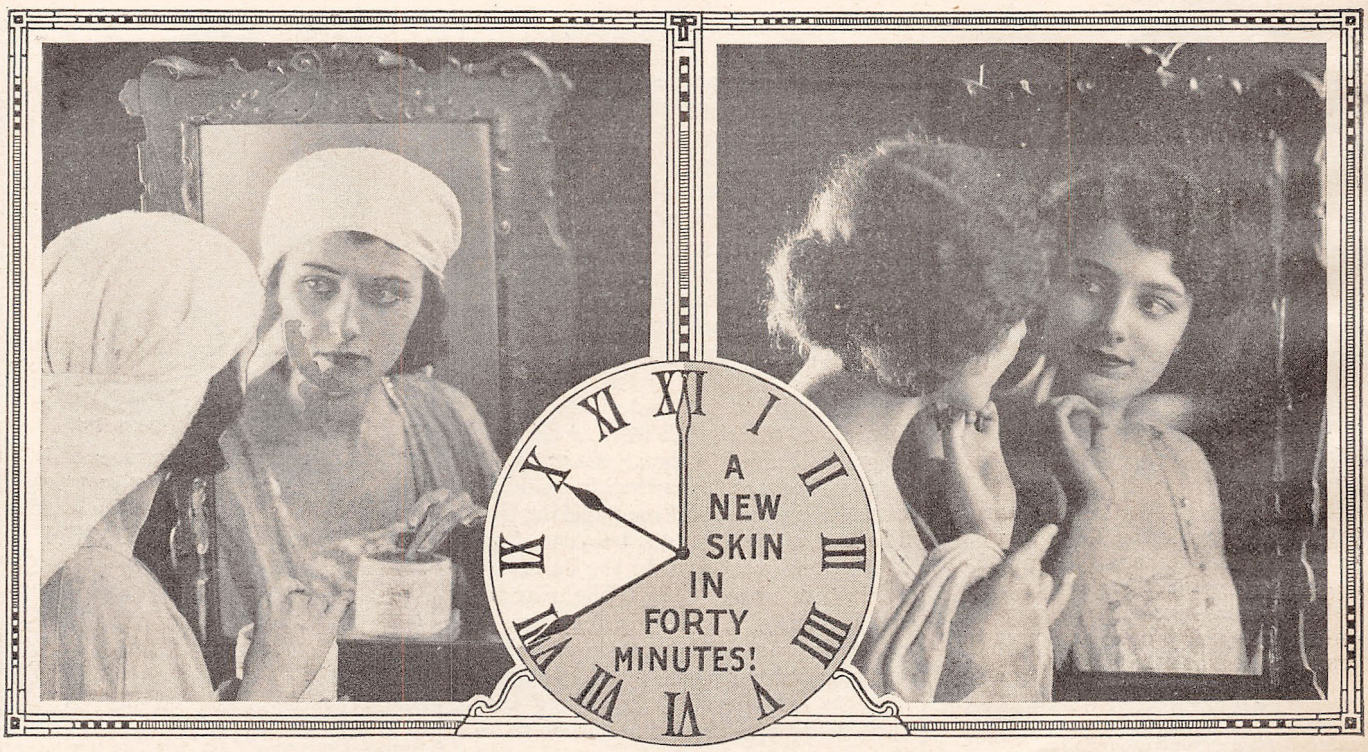


How I Took 10 Years Off My Face with a remarkable beauty clay

What do you think of the declaration by the LADIES' HOME JOURNAL that "the healthy woman who looks her age is either stupid or lazy?"

One woman read that statement, and her first feeling was one of resentment. But it caused her to think, and to act, with benefits which left her deeply grateful. Rarely does a woman write such a letter as that which follows over her signature.

By Mrs. Muriel Dalton, 1006 Michigan Ave., Wilmette, Ill.

I HAVE been on the point of writing you many times, and at last have decided it is only right I should tell what you have done for me.

Magazines these days offer sure ways of becoming beautiful, on almost every page. I must admit until recently I took the things published about your beauty clay with a grain of salt. I don't suppose I would have tried it yet except for a statement of the Ladies' Home Journal. It said: "The healthy woman who looks her age is either stupid or lazy." I was angry as I read it. Since a girl, I had had a dull and sallow complexion, and lines in my face that told my age as plainly as if the figures were written there. But I didn't care to be called stupid on top of it. I had read up on the subject to the skin and was well informed on its care. No one who knew the things I had tried to improve my complexion could call me lazy.

But what my trusted magazine had said made me wonder if my efforts had really been intelligent. Also, if it might not be a little laziness that had prevented trying your clay. I had never done so, though it only required mailing my name and address. So I did hunt up one of your advertisements. I remembered the remarkable story—how women in a far-off English province made their skins so beautiful by weekly use of a native clay. How an American girl discovered it, used it with marvelous results, and how her father brought the clay to America. There was the same generous offer by which I could try a full supply of the clay without risking a dollar, and I sent the coupon.

When our postman brought the clay you cannot blame me if I was still a bit skeptical. The directions seemed so simple to expect the results I had read about. I had done wonderful things for my figure by rightful exercise and diet. I had an enviable head of hair because of the care given it. But these things had taken time and patience. Here was something to be accomplished in forty minutes! It seemed too good to be true. However, it did do everything and more than claimed. I received a genuine shock when I wiped away the clay and looked in the mirror.

I had taken ten years off my face in forty minutes! There was no doubt about it. It wasn't alone the new color in my cheeks—I have had other preparations bring a temporary flush of color. But those tell-tale lines around my eyes and from my nose to the corners of my mouth had gone. As for the pores of my skin, they simply were not to be seen. I felt ten years younger; I certainly looked it.

My next thought was "How long will it last?" But I went out that night, and was conscious throughout the evening that I was looking my best. I received compliments, and I continued to get them next day, and the next. Every word about the lasting improvement proved true. For quite a while I used the clay three and four times a week, then twice a week and sometimes only once. But I never went a week without one application. I haven't seen the sign of a blackhead or any other impurities that used to be on my face in regular clusters. Nor is my skin sallow as it used to be, not even if I go the day without powdering.

A lot of women will wonder why I grant permission to print this letter. But I would be ungrateful if I did not. This clay has done what specialists, charging big fees, failed to do—give me a skin clear and soft as a baby's. I have told every one of my acquaintance about this perfectly wonderful beauty clay. I can't help thinking how many there must be who like myself have been on the very point of trying it, but have set it down as just another domestic preparation and let their doubts keep them from a perfectly gorgeous complexion. If everyone knew what I have learned about Ryerson's Forty-Minute Beauty Clay you would soon have to stop your offer to send five-dollar jars for trial without charging for the time and care of putting them up, because there couldn't possibly be enough to go around.

(Mrs.) Muriel Dalton,
1006 Michigan Ave.,
Wilmette, Ill.

New Shipments from Abroad!

Free Distribution of $5.00 Jars Extended

To the public: My first offer of full-sized jars without profit exhausted my small stock of imported clay. But we have just received more, imported direct from the British Isles.

Therefore, I resume for a time the offer of a full $5 jar without any laboratory charge. You may have **one jar only** for the bare cost of getting it in your hands! The expenses of compounding, refining, analyzing, sterilizing, packing and shipping in large quantity has been figured down to $1.87 per jar, plus postage.

Even this small sum of $1.87 is not really a payment—regard it as a **deposit,** which we will return at once if you are not satisfied this miracle clay is all claimed.

Send no money, please, but pay when postman delivers. Just $1.87 plus postage. Or, if handier to receive jar prepaid, enclose $2; same guarantee holds good.

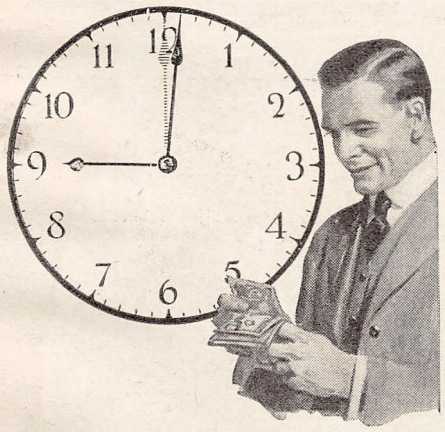
Wm Ryerson
Head Chemist.

THE CENTURY CHEMISTS
Dept. 118,
Century Building,
Chicago:

I accept your "No Profit" offer. Please send me a full-sized, regular $5.00 jar of Forty-Minute Beauty Clay at the net laboratory cost price of $1.87, plus postage, which I will pay postman on delivery. My money back unless only one application proves completely satisfactory.

Name .....

Address .....



"A dollar a minute"

"That's what I figure my spare-time study with the I. C. S. was worth to me. It was the best investment I ever made. I'm now making $160 a week—or almost twice as much in a single hour as I used to make in a whole day!"

Every mail brings letters from some of the two million students of the International Correspondence Schools telling of promotions and increases in salary as the rewards of spare-time study.

What are *you* doing with the hours after supper? Can you afford to let them slip by unimproved when you can easily make them mean so much? One hour a day spent with the I. C. S. will prepare you for the position you want in the work you like best. Yes, it will! Put it up to *us* to prove it. Mark and mail this coupon *now!*

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Without cost or obligation on my part, please tell me how I can qualify for the position or in the subject *before* which I have marked an X:

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☐ Traffic Management
☐ Business Law
☐ Banking and Banking Law
☐ Accountancy (including C.P.A.)
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☐ Private Secretary
☐ Business Spanish ☐ French
☐ Salesmanship
☐ Advertising
☐ Better Letters
☐ Foreign Trade
☐ Stenography and Typing
☐ Business English
☐ Civil Service
☐ Railway Mail Clerk
☐ Common School Subjects
☐ High School Subjects
☐ Illustrating

TECHNICAL AND INDUSTRIAL DEPARTMENT

☐ Electrical Engineering
☐ Electric Lighting
☐ Mechanical Engineer
☐ Mechanical Draftsman
☐ Machine Shop Practice
☐ Railroad Positions
☐ Gas Engine Operating
☐ Civil Engineer
☐ Surveying and Mapping
☐ Metallurgy
☐ Steam Engineering ☐ Radio
☐ Architect
☐ Blue Print Reading
☐ Contractor and Builder
☐ Architectural Draftsman
☐ Concrete Builder
☐ Structural Engineer
☐ Chemistry ☐ Pharmacy
☐ Automobile Work
☐ Airplane Engines
☐ Agriculture and Poultry
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Get the Barker, world-famous, time-tested exercise and massage system of scientific eye insurance, that hundreds of thousands of eye-strained, eye-weakened people have found to be most practical and thorough.

It is simple, safe and quickly strengthens and beautifies the eyes.

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PROF. ANTHONY BARKER, D. C.
865 6th Ave., Dept. 443, New York City

(*Continued from page* 80)

always gave it to Mother and she put it aside for me in a tin savings bank. If ever I asked for any she never refused, but she had a way of giving that discouraged the asking.

After I had belonged to the Hercules Athletic Club for a month I heard a lot of talk about a boxing contest they wanted to hold in the barn one Saturday afternoon. Several times I had put the gloves on, but it did not seem to me that I knew as much about using them as many of the others.

The day before the contest Joe walked home from school with me and said the boys had decided to charge ten cents admission, and that the proceeds would go toward the purchase of the punching bag. The next afternoon I got ten cents from Mother and went over to the barn.

Nineteen boys came in. The treasurer was in high glee. He said they needed only a dollar and ten cents more to buy the bag and that there would be eighty cents to the good. He suggested that they give the eighty cents as prize to the winner of the contest.

All agreed and then Joe Cutler stepped up and said that Jack McGonigle, the champion of the sixth grade at St. Joseph's, would meet the champion of the Hercules Athletic Club, Spin Sherman, for ten rounds.

That was the first I had heard of it. Instantly I saw the malicious gleam in Joe's eyes and it flashed over me what he had done. For five months he had lain low and had craftily planned this way to get even.

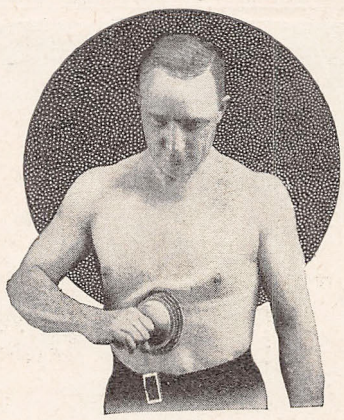
I was too proud even to protest. I let them tie the gloves on me, and in a few minutes Spin Sherman and I were stripped to our underclothes and were holding up our arms waiting for Joe, who held the watch, to call time.

For four rounds I got all the worst of it, though neither of us hit hard. Spin had been boxing for a year or so around the club. He knew more than I did about how to "hold up his dukes," and I felt out of my element, but I became sullen and determined just as I had with Willie Breek.

Between the fourth and fifth rounds I saw Joe whisper something to Spin. Then, shortly after time had been called, Spin suddenly leaned down almost to the floor and came up with an uppercut that caught me fairly on the chin and knocked me down. It was the first real blow, and I felt paralyzed, but I stumbled up and went at him. He tried for another, but was too eager, and we roughed it around until the round was over.

In the sixth I began to hit as hard as I could. Those words of Minnie's—"you're stronger than any boy in school"—were echoing through my brain. I knew it was not true. Willie Breek was stronger than I, and I had thrown him only because I had kept at it. Spin Sherman, also, was stronger than I, but—

(*Continued on page* 84)



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FOR MEN AND WOMEN

Will show reduction taking place in 11 days or money refunded.

Results come usually in three or four days, but if you do not see positive reduction taking place in 11 days (the full trial period) return the Reducer at once together with the instruction book that accompanied it and your $5 will be refunded. Dr. Lawton, shown in picture, reduced from 211 to 152 pounds in a very short time. The Reducer is not electrical; made of soft rubber and weighs but a few ounces. Whether you are 10 or 100 pounds overweight you can reduce any part you wish quickly, safely and permanently by using Reducer a few minutes night and morning. By a gentle manipulation the Reducer breaks down and disintegrates fatty tissue which becomes waste matter and is carried out of the system through the organs of elimination, thereby the blood circulation is improved. For years Dr. Lawton's Fat Reducer has been successfully sold and is used by thousands. It is ENDORSED BY PHYSICIANS and its use requires no dieting, starving, medicines or exercise. Sold generally by druggists everywhere or will be sent direct to your home in plain wrapper upon receipt of $5 plus 20c to cover cost of Parcel Post and Insurance ($5.20 in all).

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Health Culture

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Amazing Discovery Now Quickly Restores the Original, Youthful Color—Thousands Have Already Proved It, on Trial.

NOT a gray hair left—not one little tell-tale streak to make you seem old! Just let this remarkable new discovery do the work—and see how the full, youthful, original color is restored to your hair.

No, you won't be dyeing your hair in the ordinary sense of the word. You see, this new discovery is not an ordinary dye at all. It's just a pure, clear liquid, almost colorless. It's easy to use, quick to show results, a *proved, tested* method of scientifically restoring the original color to hair that has turned, or is turning gray.

Tru-Tone, the new discovery, cannot possibly discolor your hair or give to it any color you do not want it to have. It can restore only one color—and that is the true, original color you want it to have. Each individual strand of blanched, or grayed hair is *repigmentized*—which means that it is re-colored, given back its original, youthful shade.

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Men and women everywhere write to tell us of the marvels Tru-Tone has accomplished.

Mrs. Cantor, 7802 Cedar Avenue, Cleveland, Ohio, says: "I have used your Tru-Tone on my hair and have given it a fair test. I am very glad to state that the results I got were astonishing. It did all you claimed for it and more. Its most gratifying effect was to restore the natural color which my hair was beginning to lose. I recommend your product very highly and I will be glad to verify this statement to anyone who inquires."

Mrs. C. L. Heldrith, Dilworth, Okla., writes: "You may add my name to your list of Tru-Tone users, and you can say that I am greatly pleased with the results. You may refer other folks to me at any time."

Not only does this amazing colorless liquid restore the original color to the hair, but it actually helps to rid the scalp of dandruff, it strengthens and beautifies the hair, it removes any tendency towards itchiness, falling hair, brittle hair.

After using Tru-Tone, you will find that your hair is becoming softer, fluffier, finer. You will enjoy using this wonderful liquid that makes the scalp so clean and healthy—that restores the true, original color without any fuss, muss or bother. You can use as much of it as you please.

Men and Women of All Ages Use Tru-Tone

It makes no difference how gray your hair is, or how long it has been gray—Tru-Tone will restore it to its original color. This marvelous discovery acts equally well on all qualities of hair, and on all grades of grayness—from the young person who is just beginning to discover a streak of gray here and there, to the little-bit-older person whose hair is becoming entirely gray. It simply banishes the gray, brings back the natural color and makes the hair soft, fine and fluffy.

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The proprietor of Domino House has protected this Bank in the sum of $10,000, so that we may in turn guarantee to the customers of Domino House that this firm will do exactly as they agree.

If they fail to do so, this Bank hereby agrees to return to the customers of Domino House the total amount of their purchases from them, said amount at no time to exceed in the aggregate the sum of Ten Thousand Dollars.

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We want you to try Tru-Tone—to see for yourself what an amazing discovery it is. For your protection, we have guaranteed Tru-Tone to the sum of $10,000, which is being held by the Producers' and Consumers' Bank of Philadelphia. This Bank is authorized and guarantees to refund to any purchaser of Tru-Tone the full purchase price if results are not absolutely satisfactory.

Send No Money

Further to convince you of the amazing power of this new, colorless liquid in restoring the original color to the hair, we are offering to send you a regular, full-size bottle without money in advance. All you need to do is fill in the coupon below and mail it to us at once. We will see that your bottle reaches you promptly and that it is sent to you freshly compounded, direct from the laboratories.

Remember—you need not send any money with the coupon. When your bottle of Tru-Tone arrives, you may give the postman

ONLY $1.45 SEND NO MONEY

(plus a few cents postage) in full payment for the regular $3.00 bottle that we are going to send you.

Here's the coupon—clip and mail it NOW before you forget it.

DOMINO HOUSE
PHILA., PA.

SEND NO MONEY

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269 So. 9th St., Philadelphia, Pa.

You may send me a $3.00 bottle of your Tru-Tone. I will give the postman only $1.45 (plus postage) in full payment on arrival. Although I am benefiting by this special reduced price offer, I am retaining the guaranteed privilege of returning what is left of Tru-Tone if, after a fair test, I am not delighted with results, and you agree to refund my money. I am to be the sole judge.

Name.....

Address.....

If you wish, you may send money with coupon and save postage.
(Price outside U. S. $1.60 cash with order.)

Do you weigh what you should?

ARE you 100% well? And have you the glow of health, the springing step, and sparkling eyes that distinguish the woman who is younger than her years?

Are the lines of your figure graceful and trim, with just enough flesh for a nice neck and chest? Do you look really attractive in slender-line gowns?

If you are not well, if your weight is above normal or under normal, there is a reason for that condition—a reason peculiar to YOU. It can be corrected by following my *common sense* directions in your own home.

Relieving chronic ailments and building the health and figures of women has been my life work. In the past twenty years I have helped over 100,000 women to reduce or increase their weight; to look well; to feel well; to *be* well. And what they have done, I know that *you* can do.

Individual Instruction

—by a woman, for women

I study each and every pupil's condition, and give her *individual* instructions. I do not give the same directions to the woman of 60 that I give to her daughter of 30. Nor do I permit my pupils to reduce or increase too rapidly.

I teach you how to stand, walk and breathe correctly; what to eat and what to avoid eating.

My instructions are scientific, yet easy to understand. They are not over vigorous, and so simple that every pupil enjoys following them.

I use no drugs or medicines, no appliances, no stereotyped "same-for-everybody" advice.

Give ten to twenty minutes daily to my exercises and you will surprise your friends by the improvement in your health and appearance.

Medical magazines advertise my work. In fact many of my most enthusiastic students are wives and daughters of prominent physicians.

My Booklet Free

Write for my free booklet illustrating how to stand and walk. Tell me your height, weight and age. If you have any physical ailments tell me about them. I never betray a confidence. If I cannot help you, I will tell you so frankly.

Susanna Cocroft

Address Dept. 169

1819 Broadway, New York

Miss Cocroft is nationally recognized as an authority on scientific natural methods of building the health and figures of women.

(*Continued from page* 82)

what of it? Minnie's words were paramount. I waded in.

In a minute I caught him a clip on the side of the head that toppled him. To my infinite surprise he lay still and did not get up. It was only luck. A chance blow had done it. In a minute he was all right, and everyone was laughing—except Joe. He came to me and tried to compliment me, but I saw the sneer on his face as he spoke.

The treasurer handed me eighty cents, and I took it home to Mother. It was then I told her my first lie. I said I had earned it piling wood.

Father had a cousin, Tim McGonigle, who was on the police force. Two nights later Tim halted Father as he was coming home from work. "Hist," said he, "I hear as how th' bye is a regular prize fighter. Knocked out a kid down to the Hercules Athletic Club and took a purse of eighty cents."

"What bye?"

"Why, Jack, to be sure."

"Th' hell, ye say?"

"I'm tellin' ye. A regular spit divvle they say—th' bloody image of his Dad."

"Huh! Huh! A fighter, is he!" yelled Father, "wait ye, Tim McGonigle, till I land on him!"

That night I was weeding the lawn as Father turned in the gate. "Jack," said he, most calm, "is it true what Tim McGonigle is tellin' me just now?"

"How do I know?"

"He's tellin' me—is Tim—that ye've been fightin'. How about it?"

"We-el," I parleyed.

"Fightin' fer money," he insisted.

I was silent.

"Is it true?" he demanded.

"Yes." And I told him all about it. He listened, dourly, with pent brows. As I finished and stood, trembling, sullen, waiting for the verdict, he looked me over with a wicked fire in his eyes.

"Then I'll larn ye to be a prize fighter," said he, "take that!"

He hauled off and landed me one under the jugular that sent me spinning across the floor. It took my wind out and left me speechless for minutes. My head ached for a day. Without another word or glance in my direction Father wheeled and left me like a thing accurst.

That wallop took all the fight out of me for two years.

CHAPTER IV

Always I am bearing in mind that this is the story of a prize fighter, and not just the tale of a man's life, or I would be tempted to put down many very important things that happened to me. For instance, there was the manner in which I skipped the lower seventh and the lower eighth grades in the grammar school, which brought me to the high school at an unripe age, when I had barely turned my eleventh birthday.

The Cleansing Paste with the Pleasant Taste

Contains absolutely no grit or harmful chemicals. A little goes a long way. 320 cleansings in each tube. Ask your druggist for it.

Valuable Gifts

We will present you with gifts ranging in value up to $25.00 for introducing SPEARMINT TOOTH PASTE to a few of your relatives and friends. People always want to try it as soon as they see it. Mail postcard now for free copy of valuable gift book. Address Wrigley Pharmaceutical Co., 303 No. Randolph St., Philadelphia, Pa.

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For 30 Days ($10 Value) only

Complete Home Gymnasium Outfit

Made of best material and workmanship. Guaranteed to give perfect satisfaction.

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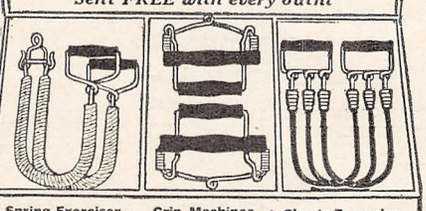

Spring Exerciser — For general all around Muscle development

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Chiropractic

—offers exceptional opportunities to ambitious men and women; the T. C. C. offers every advantage for acquiring a thorough education in this wonderful science.

X-ray Course and Chiropractic Advertising-Salesmanship Course with no additional cost, small classes, Dissection Course, individual instruction, day and night classes, large clinic, brilliant faculty, wonderful climate. Write for catalog today!

TEXAS CHIROPRACTIC COLLEGE
"The Palmer Method School of Dixie"
206 Dwyer Avenue San Antonio, Tex.

My teacher in the seventh, Miss Erskine, was the one who first suggested I could find a short cut through school. "Jack," she said one day, "why don't you study a little at home and take the examinations at the end of the term for the upper seventh. If you can pass, and I believe you can, you will do a whole year's work in half a year. The only hard study is arithmetic, and that is your strong point."

So I did study at home, but not enough to brag about, and when the examinations came I passed them, and left Joe Cutler and Willie Breek and the others half a grade behind. The next year I did the same in the eighth grade. When I got to the high school there I was a year ahead of my old classmates.

This added another element to my isolation. I entered a class of new schoolmates who naturally, perhaps, had a feeling of resentment toward one who had found a way to climb up to their level without spending all the time and apparent study they had spent to get their coveted certificates.

I was more lonely, if possible, than ever. Children, like adults, form into herds; and a herd is always suspicious of the outsider. Only a leader, or a champion, can come into a strange herd and exist for long without a fight.

Stan Davies was the recognized strong boy of the eighth grade. There was no such thing as formal organization; nor was there any rule of procedure. Stan just "had the number" of that class. And a bully, too.

My second day there I was pelted with spit-balls in the side of the head several times. At recess one of the girls whispered to me that Stan had done it. I was superior to noticing it, but Stan did not intend to let me rest in peace.

That afternoon he waylaid me as we left the school house, and sneered, "That seat you took don't belong to you. Better ask teacher for one further back tomorrow."

Now, I had taken the seat allotted me, which was up in front of the room. I had been put there because I was smaller than the others, but I did not know that then. "I'll stay where I am," I replied.

Without warning Stan dived into the pit of my stomach, head first, like a billy goat. We rolled to the ground together, but when we came up I was on top. I let him up and then we fought it out until I had whipped him. From that time on Stan never questioned anything I did, and my time in the lower eighth was peaceful.

Nobody saw that scrap and naturally Stan told no one about it; nor did I. A little later Minnie Demarest, who had been left behind with the others, in the seventh grade, caught me one day as she came into the yard to see Josie.

"You look pale, Jack," she said.

As a matter of fact I was brown as an Indian. But, as usual in her presence, I

Staggering constipation facts; KELLOGG'S BRAN can help you!

Ninety out of every one hundred people suffer with constipation! Constipation is the direct cause of breakdowns in old age, lowered vitality and ninety per cent of illness!

Toxic poisons penetrate the intestine walls, polluting the blood, which in turn poisons and affects every organ in the body.

Pills and cathartics can never afford you permanent relief. What you need is nature's most wonderful roughage—BRAN—Kellogg's Bran, cooked and krumbled—and delicious in flavor and edibility! Bran will permanently relieve constipation when taken regularly — at least two tablespoonfuls daily; in severe cases, with every meal! Your instructor will indorse Kellogg's Bran for constipation!

Serve Kellogg's Bran to the entire family as a cereal, with other cereals or in countless appetizing ways. Recipes on each package.

All grocers sell Kellogg's Bran.

Kellogg's
BRAN MUFFINS

¼ cup sugar
Shortening size of an egg
Cream shortening and sugar together
Add to this—
1 egg
1 cup sour milk (or sweet milk)
1 cup Kellogg's Bran
1¼ cups flour
1 level teaspoon soda (or 2 teaspoons baking powder if sweet milk is used)
Pinch of salt
Mix well
This will make one dozen muffins.

Kellogg's — Look for this signature W. K. Kellogg

the original BRAN ~ cooked and krumbled

Our Milk Diet Treatment Gets Results

Health four weeks away

Do not think, "This is the treatment for the other fellow." If your case is chronic, if it requires no surgical operation, it is likely the quick way for you to get well. Information cheerfully given. Terms reasonable. :: ::

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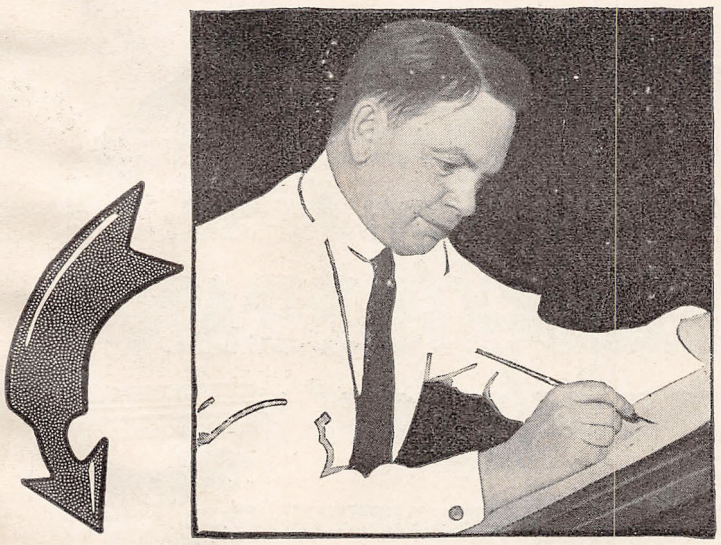
Why I Never Lost Billy's Love

FOLKS always wondered about Billy and me. And envied me, too! Because into my life there never came that tragic moment when a child suddenly seems to grow away from his mother. For I learned the secret that ends forever the fears that creep into a mother's heart if she finds her child untruthful, disobedient, wilful, selfish, disrespectful, ill-tempered or jealous. I first learned the secret from the Parents Association. This organization of 30,000 parents has adopted a truly scientific method which shows you how in your own home to correct these and other dangerous habits which, if not properly remedied, lead to serious consequences. It removes the *cause*—not by punishment or scolding but by confidence and co-operation along lines easy for any parent instantly to apply.

This system, put into an Illustrated Course for busy parents, is producing remarkable results for thousands of parents all over the world. It is also endorsed by leading educators. It covers all ages from cradle to 18 years. Don't take the terrible risk of ever losing your child's love. Parents Association will gladly send you the Free Book, "New Methods in Child Training," describing the new system and the work of the Association. If you send a letter or a postcard today the Booklet will be sent you, without obligation, at once.
PARENTS ASSOCIATION, Dept. 2011, Pleasant Hill, Ohio



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CLARE BRIGGS, the man who draws "When a Feller Needs a Friend," receives more than $100 a day. There are many other illustrators and cartoonists whose incomes would look good to a bank president.

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Federal training gives you the opportunity to develop your ability under the guidance of 60 of America's leading artists and illustrators. What this school will do for you by mail in your spare time is told in the 32 page book, "A Road to Bigger Things." It contains studio pictures of Briggs, McCutcheon, Sid Smith, Fontaine Fox and many other star illustrators and cartoonists on the Federal staff. Write for your FREE COPY today. Just tear out this advertisement. Write your name, address and age in the margin and mail it now. Write for this book today.

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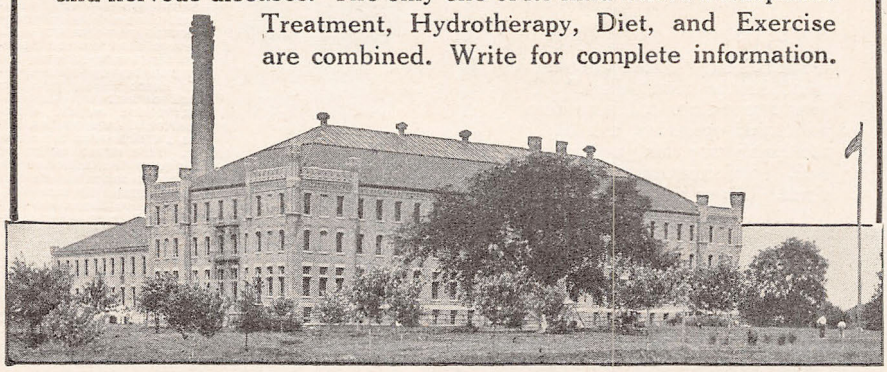
An institution dedicated to the treatment and cure of mental and nervous diseases. The only one of its kind where Osteopathic Treatment, Hydrotherapy, Diet, and Exercise are combined. Write for complete information.



was tongue tied. "Am I?" was all I could venture.

"Pale as a ghost. You study too hard."

"Don't study at all."

"You do, too. You study harder'n anybody in school."

I shook my head in vigorous denial.

She looked me over thoroughly in the same manner of appraisal she had employed when asking to feel my arm, and I shrank away for fear she might again subject me to what I considered a physical indignity. Really the greatest desire in me, next to the longing for my father's approval, was to have her good opinion and I thought I was getting it by skipping a grade in school.

Imagine, then, my astonishment, when Minnie said, shyly, "Is it true, Jack, that you don't fight any more—not any more, at all."

I shook my head.

"Haven't you had a single fight since you left our class?" There was an alarm in her tone which I misinterpreted as concern lest I *had* fought. My mother did not want me to fight; my father did not want me to fight; of course Minnie would not want me to fight.

I lied manfully, striving to forget the tussle with Stan. "Nope," I said.

Her eyes sparkled with intense disapproval. She drew very near me and clutched my arm. "Promise me," she whispered, "not to study any more, but to go on and be the strongest boy in the whole world!"

Then she ran away without giving me a chance to reply.

A little later at a party of Josie's they played postoffice, and Minnie became postmistress. They placed her in a side room, blindfolded her and then she called out, "I want Jack McGonigle."

The crowd shoved me in, and there I was alone with her, though we could plainly hear the giggles and snickers of those who waited beyond the curtain.

Blushing, confused, unhappy and yet wildly exultant I mumbled, "Here I am, Minnie, what do you want?"

"That, goosie!" and she kissed me roundly on the cheek.

"OH!" I exclaimed, startled, not daring to take advantage of my good fortune and return the salute in kind, but hugging her with all my strength.

Fiercely she broke away and shoved me back in the room among all our grinning playmates as she snorted, "you ninny!"

In itself, perhaps, an unimportant incident, but combined with the adjuration to be the strongest boy in the world,—the criticism mingled with the appeal—filled me with inordinate and passionate stirring to do something to win Minnie's unmistakable approval.

The opportunity came with the circus. It wasn't a big circus. The one with three rings and two platforms appeared later in the summer down in the city. This was a little one-ring circus, with a single elephant and two hyenas, and—a mule.

(*Continued on page* 88)

Colds, Catarrh, Asthma Instantly Relieved by New Invention

Not a Patent Medicine—No Drugs Used—Results Guaranteed

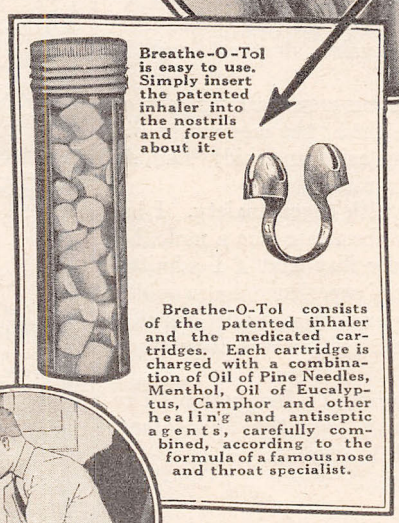
How the discovery of a famous nose and throat specialist instantly relieves Colds, Catarrh, Influenza, Asthma and Inflammation.

IF you suffer from Colds, Catarrh, Influenza or Asthma you will rejoice at this latest and greatest scientific discovery. A remarkable new method has been found that brings you instant guaranteed relief. No more need for you to spend money on harmful drugs, narcotics, or patent medicines in a vain effort to find relief. This wonderful new invention is not a patent medicine—it is nothing to swallow—nothing to smear inside your nose. It contains no habit-forming drugs or narcotics. It can be used anywhere, and at any time during the day or night.

How Breathe-O-Tol Brings Instant Relief

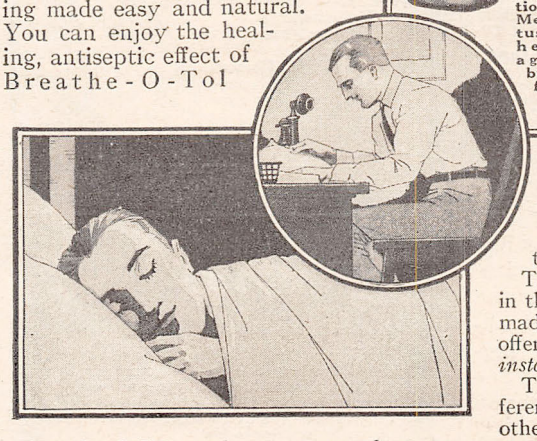
Colds, Catarrh, and numerous other respiratory diseases arise from the presence of germ-bearing spores which inflame and irritate the delicate membranes of the upper nasal ducts and tracts. The only way to remedy these troubles is to destroy the germs. Breathe-O-Tol does this by Nature's own principle. Your physician will tell you that Breathe-O-Tol is the most sensible, the safest and the most efficacious remedy for your troubles.

Breathe-O-Tol provides pure, medicated air which you inhale naturally and which attacks the disease-bearing spores, relieving congestion of the mucous membrane of the nose, throat and lungs. Swelling is reduced, clogged nostrils opened, breathing made easy and natural. You can enjoy the healing, antiseptic effect of Breathe-O-Tol through the day and night without effort on your part, and without the slightest inconvenience. The patented inhaler is practically invisible, so it can be worn everywhere. It consists of a little silvered device which fits into the nose and holds two medicated cartridges treated with a special combination of oil of the pine needles, menthol, oil of eucalyptus, camphor and other scientific healing and antiseptic agents. There is no interference with breathing. The air you thus inhale is treated by contact with the medicated cartridges so that it immediately clears the head and destroys the germs present in the nose and throat, and continues to do so.

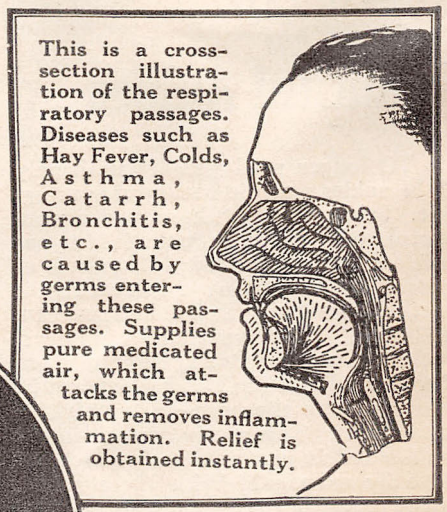


Breathe-O-Tol is easy to use. Simply insert the patented inhaler into the nostrils and forget about it.

Breathe-O-Tol consists of the patented inhaler and the medicated cartridges. Each cartridge is charged with a combination of Oil of Pine Needles, Menthol, Oil of Eucalyptus, Camphor and other healing and antiseptic agents, carefully combined, according to the formula of a famous nose and throat specialist.



Breathe-O-Tol can be worn everywhere—at work, at play, at the theatre, at home, asleep. It is the only treatment effective during the entire 24 hours of the day.



This is a cross-section illustration of the respiratory passages. Diseases such as Hay Fever, Colds, Asthma, Catarrh, Bronchitis, etc., are caused by germs entering these passages. Supplies pure medicated air, which attacks the germs and removes inflammation. Relief is obtained instantly.

The amazing success of Breathe-O-Tol in thousands upon thousands of cases has made it possible for us to make this unusual offer. *If Breathe-O-Tol does not bring you instant relief, it will not cost you a penny!*

Thousands of letters from former sufferers from colds, catarrh, asthma, and other respiratory diseases, testify to the wonderful benefits of Breathe-O-Tol. But the best proof you can have of Breathe-O-Tol's power to aid your own particular trouble is to try it for yourself. You are invited to do this without risking any money.

5 Day Free Trial

Remember you take no risk whatever by sending for the Breathe-O-Tol outfit to use for 5 days. If Breathe-O-Tol does not give you relief your money will be refunded. Mail the coupon *now*—before your suffering has had a chance to grow worse. Be sure to specify whether you want Set "A" for Colds, Catarrh and Bronchitis, or Set "B" for Asthma, Influenza.

PROOF

Words cannot say enough in praise of your wonderful discovery. I have suffered from Catarrhal headaches for four years. I have spent loads of money on doctors and chiropractors, but nothing gave me relief. Since using Breathe-O-Tol, I have not had a sign of a headache.
Edward J. McCleary,
Belmar, N. J.

Please send Parcel Post C. O. D. 2 sets of Breathe-O-Tol. Mr. Whittingham finds them *a great relief from Asthma.*
Would like to have the agency here for them, as there are a great many victims of the disease in our town. I feel sure I could sell many. We are boosting them anyway owing to the relief Mr. Whittingham gets.
Mrs. W. F. Whittingham.

I have tried Catarrh "Cures" without end during the past 25 years, but I received more benefit from Breathe-O-Tol than all others combined.
Geo. T. McConnell,
Pittsburgh, Pa.

THE BREATHE-O-TOL, Laboratories, Inc.
Dept. C-511 1400 Broadway, New York City

The Breathe-O-Tol Laboratories, Inc.
Dept. C-511, 1400 Broadway, New York City

Please send me the patented Breathe-O-Tol treatment as follows:
( ) Set "A" for Colds, Catarrh and Bronchitis.
( ) Set "B" for Asthma and Influenza.
I am enclosing $2.00 (cash, check or money order) with the understanding that I am to try Breathe-O-Tol for five days on a money back guarantee.

Name.....

Address.....

City.....

Sent C. O. D. if desired.
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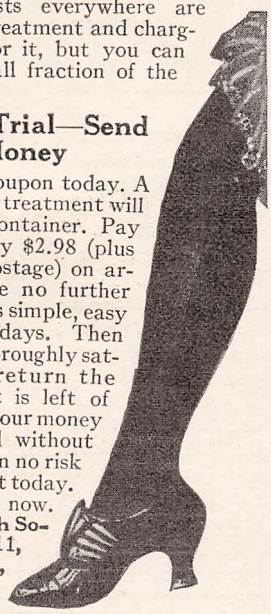
New Discovery Gives You Beautiful Ankles

NO longer need you let unshapely ankles mar the beauty of your figure. Science, at last, has found a wonderful, easy way to make the fat on your ankles literally melt away! Hundreds of people are now using this remarkable method and making their ankles beautiful to behold! Try it yourself for ten days.

Science has invented the Vanitex rubber Ankle-Reducing Band which can be worn beneath the hose—out of sight—or at night. This gently presses on the ankles and is just as effective as hours of daily massage! With these rubber ankle reducers, you get a jar of the wonderful Vanitex Ankle-Reducing Cream, which causes the fat to be dissolved and carried away by the blood. By wearing the Vanitex band at night, or during the day, and using the Vanitex cream at night, you obtain results that will delight you! No discomforts—no hardships. The method is easy and pleasurable. Beauty Specialists everywhere are using this same treatment and charging big prices for it, but you can get it for a small fraction of the regular price.



Ten Days' Trial—Send No Money

Just mail the coupon today. A full supply of this treatment will be sent in plain container. Pay the postman only $2.98 (plus the few cents postage) on arrival. There are no further charges. Try this simple, easy method for ten days. Then if you are not thoroughly satisfied, simply return the bands and what is left of the cream—and your money will be refunded without question. You run no risk whatever. But act today. Mail the coupon now. **Modern Research Society,** Dept. A-311, 45 West 16th St., New York City.

MODERN RESEARCH SOCIETY, Dept. A-311
45 West 16th Street, New York City

Please send me for ten days' trial, a pair of "Vanitex" Ankle-Reducers and a large jar of your "Vanitex" Ankle-Reducing Cream. Upon arrival, I will pay the postman only $2.98 (plus few cents postage), your special introductory price. But if at the end of ten days I am not satisfied with results I am at liberty to return everything and you will refund my money at once.

Name.....

Local Address.....

City and State .....

(*Continued from page 86*)

There was a vacant half-block just across from the high school. Robinson's Consolidated Shows pitched its tent there for a half week late in June. I was not yet twelve years old, but I had just passed my examinations out of the last half of the eighth grade, and would enter the high school in September.

Robinson's Consolidated Shows was superior to railroad trains, and, as this was before the day of automobile trucks, it traveled in carts; gaudy carts, with the gilt and purple paint on doors which "broke" in the middle. Thus, while going from place to place, the doors let down and the carts appeared merely as huge, lumbering vehicles of mysterious purpose; but, once the parade gong sounded, the doors were snapped up and —lo! appeared the gorgeous carts of Babylon and Rome.

I heard them rumbling past our house one morning in the dim dawn. Ten minutes later I was at their sides, peering between the bars of the animal cages (there were but two of these), but unable to see anything as stout canvas curtains hung within, However, I sniffed the rank odor of the hyenas and heard them snarl. Instantly there awoke in my mind a hitherto dormant wild lust for travel. My mind slipped away to African veldts, to Asiatic deserts.

All that morning I hung around the circus lot. I would not take the time to eat breakfast at home for fear something would happen at the circus, something secret or mysterious. Attentive though I was I was not one of the two lucky boys who were asked to carry water to the elephant. Willie Breek was one of these and I felt miserable, desperate and despondent.

One of the circus men saw my plight, or, at least I thought at the moment he did, for he called me aside and said; "Lad, did you ever ride a mule?"

I trembled with eager anxiety. I had never had the chance to ride a mule, but I was in deadly fear that if I admitted my woful lack of experience that would be the end of some opportunity which a subtle sense warned me was about to be offered.

"There's nothing I'd like better," I responded, hoping that the literal truth would conceal the evasion.

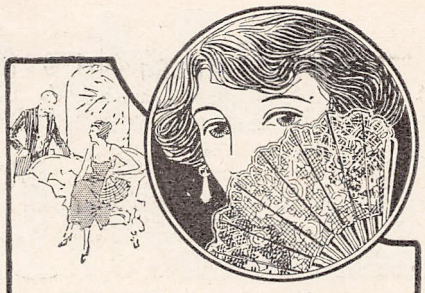
"Come along, then, and try Old Chalk Face."

Trembling with eagerness, aflame with the suggested distinction which had evidently favored me among all the boys of the neighborhood, I followed to the rear of the mess tent where I was introduced, formally, to Old Chalk Face, an innocent-looking, sleek, compact, small-hoofed, white-faced, black-bodied, long-eared mule.

"Jump up on his back and I'll trot you around!"

As I eagerly followed the suggestion I noticed, but gave no thought to the

(*Continued on page 90*)



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Unequalled for Comfort and Long Wear. One Year's Lasting Stretch Guaranteed. Thousands get two and three years wear. Suspenders, 75c. Garters, 50c. Ask Your Dealer—If he hasn't them, send direct giving dealer's name. Look for "NU-WAY" on buckles. Accept no substitutes.

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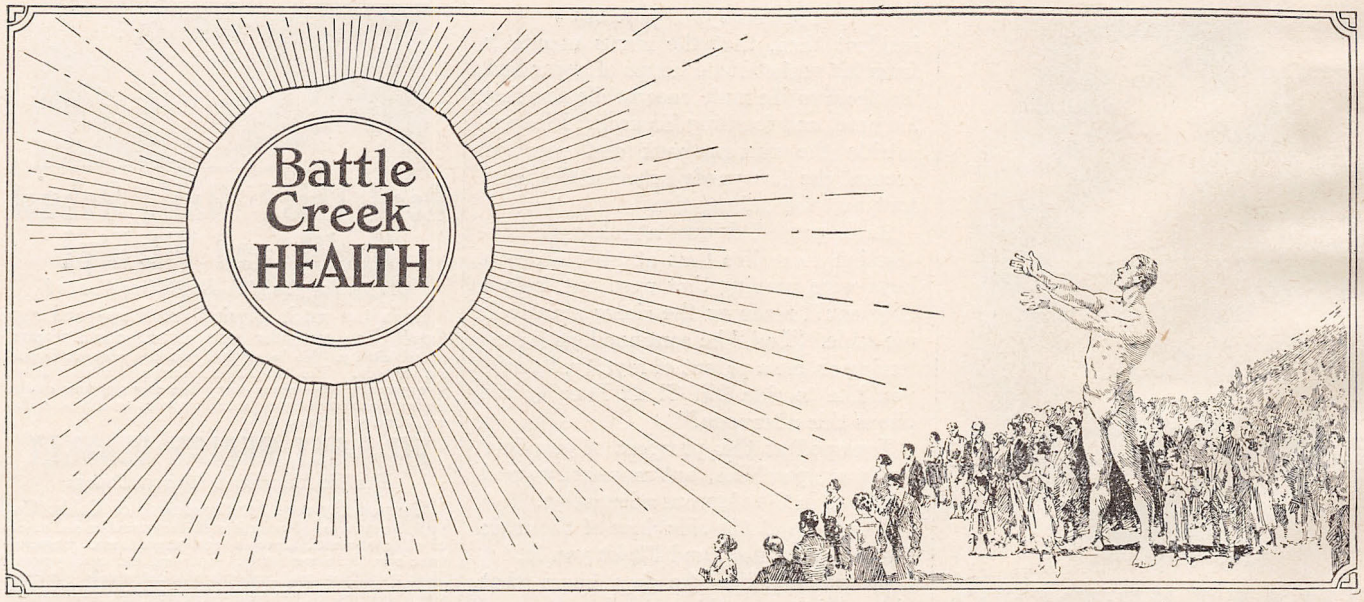

Famous Battle Creek System Now Extended to Every Home in the Land!

Now Possible for Everyone, Everywhere, to Apply at Home the System of Health-Building Which Has Made Battle Creek Famous the World Over

Battle Creek stands as the health Mecca of the world. More than 100,000 people have journeyed here from all parts of the world in quest of health. Here people come by the thousands for the correction of practically everything in human ills and ailments. Here they come for the PHYSICAL RECONSTRUCTION for which the Battle Creek System stands.

Why Not Have "Whole Health" Instead of "Half Health"

Nineteen out of twenty persons are only half alive! Only one in twenty knows the boundless joy of real, abundant health. The rest live on day after day in a state of half "health"—neither ill enough to be laid up yet not well enough "pep" through.

"Half Health"—the curse of our day—means lack of push and grit, broken physical appearance, long, wakeful nights, no pleasure in eating; slow, dull mentality, worry and despondency. On the other hand, "whole health" means more courage and power, bright wholesome appearance, sound, refreshing sleep, sweet breath, keen, natural appetite, mental alertness, freedom from worry, greater success in business and more fun out of life.

What the Battle Creek Health System Is

In the form of seven booklets accompanied by charts and other material you now get for your own private use at home the *true* Battle Creek System of Health Training.

This System represents in condensed, easy-to-use-form, the combined knowledge and experience of the leading scientists, physicians, dietitians and physical directors of the world. The results of a 50-year world-wide search for the secrets of "Right Living" are unfolded in the 280 pages.

The System is simple, comprehensive, wonderfully practical. No experiment. A hundred thousand persons have tried it and have profited. It's easy to carry out. You can do it in your own home and enjoy it. It takes little time. Ten or fifteen minutes twice a day. Every day, every month, every year, you become stronger, better, happier, have more vitality, more endurance, more fullness of life and physical enjoyment.

Eat and Be Well

Put into practice the Battle Creek System and your eating will be eating to be well. The System covers the whole field of scientific eating. It tells you the foods that supply the necessary vitamins, food iron and food lime, proteins, fats, carbohydrates and other food elements, and how to combine them in appropriate bills of fare for children and adults—lean folks and fat folks—as well as the sick ones.

It gives you the most effective weight control diets by which you can reduce without "starving" or gain without "stuffing." The Battle Creek System of weight regulation is not to be confused with the ordinary "reducing courses." It brings results and in the right way. Practice it and weigh what you want to weigh.

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Most people appreciate the necessity of keeping clean "outside." Few, however, realize the necessity of keeping clean "inside." If the colon is in a bad state of infection from constipation and auto-intoxication, pure, rich blood cannot be expected. The whole health will suffer in some degree and the skin will surely be sallow, muddy and blotchy. On the other hand, keeping clean inside is to assure better health and a clear, brilliant complexion and a sweet breath. The most advanced means of dealing with constipation are explained in the Battle Creek System—the very same means by which the Battle Creek Sanitarium corrects the trouble without laxatives or other artificial remedies.

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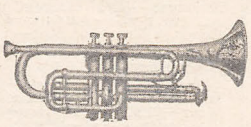

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(*Continued from page* 88)

incident then, that the circus man took from his pocket some lumps of sugar and fed them to the mule, meanwhile stroking his nose, and fondling his neck. I leaped astride the narrow back and was led around the few yards between the mess tent and the animal ties.

As I got off I was athrill with distinction to realize that at least a dozen boys were running that way, but, before they could reach us the circus man took me aside. "Lad," he continued, as if conferring on me a patent of royalty, "would you like to ride Old Chalk Face at the circus this afternoon?"

I gasped at this prospect of grandeur and was speechless, but managed to nod my head in the vigorous affirmative.

"Then be at the side door of the main tent at one o'clock and I'll let you in."

Of all my life the few hours that elapsed between this princely offer and the opening of the main tent, stand out in my memory as my one supreme moment of earthly happiness. Whatever fine moments I have had since then have had some alloy, some tincture of caution to mitigate their ecstasy, some sober reflection to shade their delight, some offset to discount their prosperity.

But there was not a fleck in the cloudless sky of that morning I first rode the mule. To complete the prospect and to make it super-perfect I met Minnie Demarest on the street and she told me her father was taking her to the circus in the afternoon. Joe Cutler would be there, too, and most of the boys who could not pay their way in would sneak in.

Lordly moment! I did not then know the distinction between amateur and professional, and I leaped the gap in my own estimation as easily as if it did not exist. I saw myself a circus performer, and not before strangers, but awing, stupefying Minnie and the boys!

One o'clock arrived, and, true to his word, the laconic circus man let me in the side door and told me to find a place in the unreserved section. Presently I swung my legs under the rope nearest the ring. I stuck there, as if glued to the spot, until after the grand parade, after the chair balancing by the elephant, after the high and lofty tumbling, after the chariot race, after the obstacle race, after the clowns' handicap.

I had rather expected Old Chalk Face to be in the grand parade and constantly looked for the circus man to call me, but neither mule nor mentor appeared. Meanwhile I noticed Minnie and her father in the box seats across the ring. She saw me and waved, and I waved in response. Joe Cutler sat right behind, while I also discovered Willie Breek and half the boys I knew.

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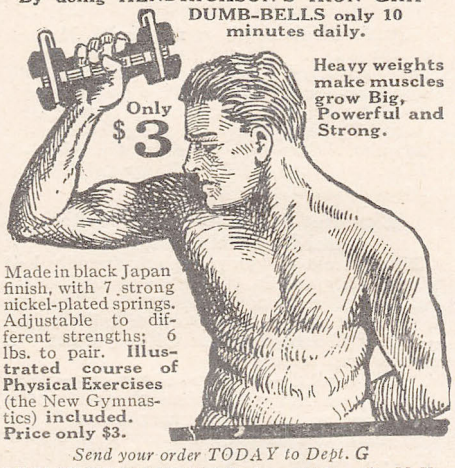

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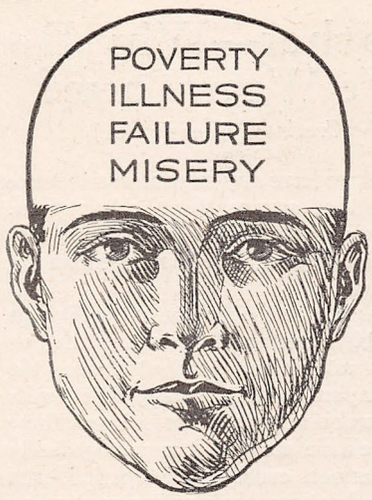
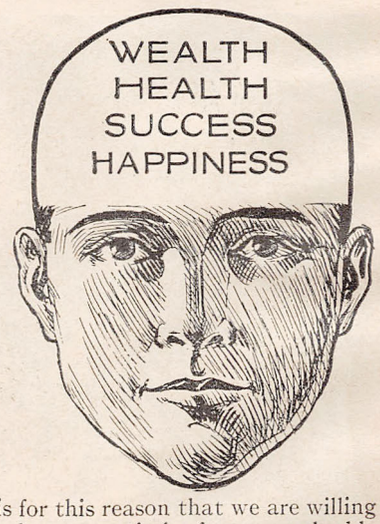


Who Wants a New Brain *for* an Old One?



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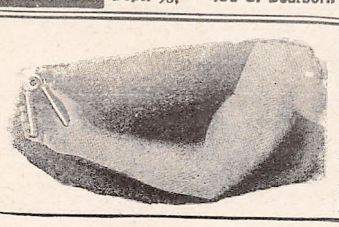

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Clothes—Why Do We Wear Them?

(*Continued from page* 61)

see that we have any more reason to make fun of that savage than he has of us. Before we sent him such things he was naked and looked like a man instead of scarecrow.

It used to be the fashion in the Europe of the 16th Century for men to stuff their clothes with bran, distributed over the broader portions of the body, with results that may be surmised. For instance, there is the classic story of the young dandy in a German court of that period, who sat one day on a chair with a protruding nail in it. "And," says Carlyle, "therefrom rising, to pay his *devoir* to Majesty, instantly emitted several pecks of dry wheat dust; and stood there, diminished to a spindle, his galoons and slashes dangling sorrowfully and flabbily around him."

To-day we still have our substitute for Bran, and the human race is just as funny as it ever was. That young dandy was a type; he still exists, wearing a somewhat different but equally absurd collection of Glad Rags in the matchless shape of his tight fitting coat, his short, bandy-legged trousers, and his general air of being a Snappy Chappy, clad in Classy Clothes made for such as he by smiling tailors who know an idiot when they see one.

Women used to wear shoes with heels twelve or fifteen inches high. The soles were like stilts, and extended from the tips of the down pointing toes to the ground. That style obtained in the Middle Ages, when husbands, for some incomprehensible reason, figured that they could thus keep their wives from running away; for the lady couldn't walk without two servants to hold her up and two more to carry the train that dragged in her rear. Besides all that she had on a hat, not unlike the high and pointed thing the modern artist puts on his Martian. Thus, being dressed in the mode, she had everything to live for. And yet it is on record that ladies now and then removed their glorified footwear and circumvented their husband's precautions.

So much for a glimpse down what Fourth of July orators call the "echoing halls and corridors of Time." Now let's turn our backs on the nightmare for a moment, and ask a question: What does it all mean? Why do people wear Clothes—and *such* Clothes? Is there, in the light of these fantasticalities, any way of coming at the rationale, or the irrationale, of the thing? And might one even venture to speculate as to the Clothes of the future? Will the Clothes of the Future be merely a rehash of the old barbarities, or will the race of the century or centuries hence create for itself some conception of Clothes which will be really and truly

original and new? What will the Supermen wear? Above all, why will they wear it? In heaven's name, Why?—For the sake of protection from the elements? The body once hardened requires little of that.—For the sake of Modesty? But what is Modesty?— For the sake of decoration and beauty? But what is Beauty? We seek it in Pants, but do we get it? Or do we get a changeling called Immodesty instead? What will the Supermen do about it?

Certain it is that many of the things in our ordinary, conventional garb which we take for granted are in reality so weird that only Satan and this Fallen Race putting their heads together could ever have figured the thing out. You can sum it up in the query: is a derby hat as sane as it looks, or does it symbolize a peculiar kind of a mental bulge in the cranium of the man who wears it? The logic of a hat is that it should approximately fit or suggest the size and shape of the head. Judged by that standard, what does a derby hat mean? What, oh ye Gods and Little Fishes, does a stovepipe hat mean? Is it an Insincerity and a Sham, or is it plain damnfoolishness? I submit that there is no third choice.

The central fact about Clothes, the fact on which must be based any speculation about the Clothes of the future, is this: that Clothes are forever a symbol. Our Clothes express us; they are an outward and visible sign of a set of values, of a state of mind, of an individual and a racial set of values, of a state of mind, of an individual and a racial psychology. Rightly interpreted the style books of the last hundred years are a record of what people thought, felt, and valued during that time. The abundant petticoats and gorgeous waistcoats of colonial days, when people danced the stately minuet, represented one civilization, or set of values; the knickerbockers worn to-day by both sexes represent another. If an ancient Greek could have looked forward over the succession of fashions in Clothes that were to follow his day, the tights and trunks of the Elizabethans, the heavy robes of the monasteries and nunneries, the severe black of the Puritans, the plain clothes of the Quakers the gorgeous absurdities of the French before the French Revolution, the inexpressible modes of to-day, he could have foretold with accuracy much that has become history.

The clothing of a hundred years hence will, in like manner represent the philosophy of living that obtains in that day. For example, suppose that we have by that time become educated, as a nation, to an adequate care and development of the body. Such a condition will be symbolized by the Clothes which people will wear. It will result in a different kind of Clothes from what is possible in a race which cares scrupulously for the face and the hands because these are exposed to view, but which neither bathes adequately nor develops the body ade-

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Now endorsed by authorities and advised by leading dentists practically all the world over. All druggists supply the large tubes.

10-Day Tube Free 959

THE PEPSODENT COMPANY,
Dept. 380, 1104 S. Wabash Ave.,
Chicago, Ill.

Mail 10-Day tube of Pepsodent to

.....

.....

Only one tube to a family

"I'm making real money now"

"SEE that coupon? Remember the day you urged me to send it to Scranton? It was the best thing I ever did.

"Mr. Carter called me in today. Said he'd been watching my work for some time—ever since he learned I was studying with the International Correspondence Schools.

"Then he asked me if I thought I could take over Bill Stevens' job. I told him I was sure that I could—that I had had that goal in view ever since I started my I. C. S. course.

"I start tomorrow, Mary, at an increase of $60 a month. It's wonderful how spare-time study helps a man to get ahead."

FOR thirty years, the I. C. S. has been helping men to win promotion, to earn more money, to get ahead in business and in life.

You, too, can have the position you want in the work you like best. Yes, you can.

All we ask is the chance to prove it. Without cost, without obligation, just mark and mail this coupon.

INTERNATIONAL CORRESPONDENCE SCHOOLS
Box 7503-C, Scranton, Penna.

Without cost or obligation on my part, please tell me how I can qualify for the position or in the subject *before* which I have marked an X:

BUSINESS TRAINING DEPARTMENT

☐ Business Management
☐ Industrial Management
☐ Personnel Organization
☐ Traffic Management
☐ Business Law
☐ Banking and Banking Law
☐ Accountancy (including C.P.A.)
☐ Nicholson Cost Accounting
☐ Bookkeeping
☐ Private Secretary
☐ Business Spanish ☐ French
☐ Salesmanship
☐ Advertising
☐ Better Letters
☐ Foreign Trade
☐ Stenography and Typing
☐ Business English
☐ Civil Service
☐ Railway Mail Clerk
☐ Common School Subjects
☐ High School Subjects
☐ Illustrating

TECHNICAL AND INDUSTRIAL DEPARTMENT

☐ Electrical Engineering
☐ Electric Lighting
☐ Mechanical Engineer
☐ Mechanical Draftsman
☐ Machine Shop Practice
☐ Railroad Positions
☐ Gas Engine Operating
☐ Civil Engineer
☐ Surveying and Mapping
☐ Metallurgy
☐ Steam Engineering ☐ Radio
☐ Architect
☐ Blue Print Reading
☐ Contractor and Builder
☐ Architectural Draftsman
☐ Concrete Builder
☐ Structural Engineer
☐ Chemistry ☐ Pharmacy
☐ Automobile Work
☐ Airplane Engines
☐ Agriculture and Poultry
☐ Mathematics

Name.....

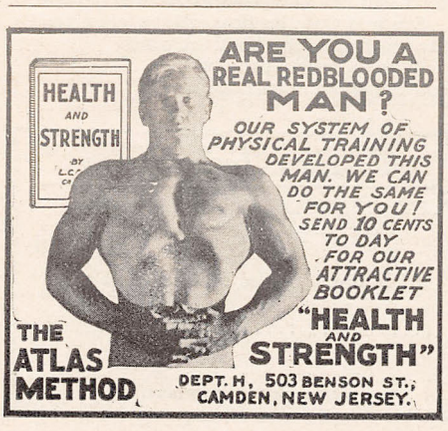
6-26-22

Street Address.....

City.....State.....

Occupation.....

Persons residing in Canada should send this coupon to the International Correspondence Schools Canadian, Limited, Montreal, Canada.



quately, and is consequently ashamed of the body. Clearly the clothing worn by a race trained to the care of the body will have back of it a sound sense of values and a fine sincerity, and will on that account be intrinsically sane and beautiful. The training of the whole nation in the art of caring for the body is a first necessary step to this.

Another factor which is very likely to play a part in the development of the Clothes of the future is the coming of Leisure. The Greeks, in their slave-supported state, were an elegantly leisured race. They had time for the graces of life and for the arts. Their Clothes expressed that fact. They wore loose and flowing clothes, adapted to their climate, and they wore bright colors. Suppose there should come a day when automatic machinery would so far relieve the human race of the burden of incessant labor that this use of Clothes primarily for ornamentation would be possible. Science may bring this to pass. If it ever does, we shall have time for the cultivation of the arts and for a search for beauty. Thus a little leisure for attention to the fine things of life would change the face of human existence, and with it would come a change in the purposes for which people wear Clothes. Perhaps Clothes would come to serve purposes of decoration only, and have no relation to the purpose of hiding the body from view. Such an assumption, of course, would involve a change in the relation of the sexes so radical as to stagger our Twentieth Century imaginations. Since there is much room obviously for improvement in the present relations of the sexes I trust this will not be interpreted as a waving of the red flag of anarchy, free love, or sansculottism.

It is not impossible that we shall produce, within an incredibly short period of time, a culture that will excel the as yet unequalled culture of the ancient Greeks of the time of Pericles. The reason why this seems possible is the fact that we are right now showing at least one kind of enlightenment to which the Greeks never attained; I mean that we are rapidly placing women on a footing with men. The most acute speculations I have read on the possible consequences that will flow from this new freedom which is coming to women have not seemed to more than scratch the surface. If this race be capable of producing a race of Supermen nothing could more quickly bring the matter to a test than the freeing of women.

Among the Greeks women were chattels. Men had no intellectual commerce with women, save with the Hetairae, that caste of brilliant courtesans with whom it was considered entirely proper for men to consort while they left their wives at home to spin and manage the slaves. The Hetairae were a necessity in Greek society; they played a part in Greek life which ordinary women could not play

(*Continued on page 96*)

Water Wave Your Hair

Any Woman can have Beautiful Wavy Hair!

Water-Maid Wavers

Produce a natural, beautiful ripple wave that remains in straightest hair a week or more, even in damp weather or when perspiring. If the hair is fluffy only use the wavers once after every shampoo.

Stop burning hair with hot irons! Stop twisting with curlers which break the hair. Send for Water Wavers (patented) today. Absolutely sanitary, universally successful—endorsed by society's leaders. If your dealer doesn't handle them send $2 for set of 6 mailed with full directions.

WATER-MAID WAVER CO.
117-M, West 7th St.
Cincinnati, Ohio

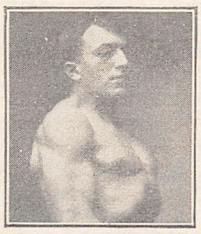
Don't Wear a Truss

MR. C. E. BROOKS

BE COMFORTABLE—Wear the Brooks Appliance, the modern scientific invention which gives rupture sufferers immediate relief. It has no obnoxious springs or pads. Automatic Air Cushions bind and draw together the broken parts. No salves or plasters. Durable. Cheap. Sent on trial to prove its worth. Never on sale in stores as every Appliance is made to order, the proper size and shape of Air Cushion depending on the nature of each case. Beware of imitations. Look for trade-mark bearing portrait and signature of C. E. Brooks which appears on every Appliance. None other genuine.

BROOKS APPLIANCE CO., 211F, State St., Marshall, Mich.

Increase Your Lung and Chest Expansion 2 to 3 inches in ONE WEEK



For 25 cents in coin or U. S. Stamps, I will send you full instructions with illustrations showing you how to increase lung and chest expansion. These instructions are worth $5 to anyone interested in powerful lungs and chest.

HENRY VICTOR
Dept. A.L. 105 E. 13th St.
New York, N. Y.

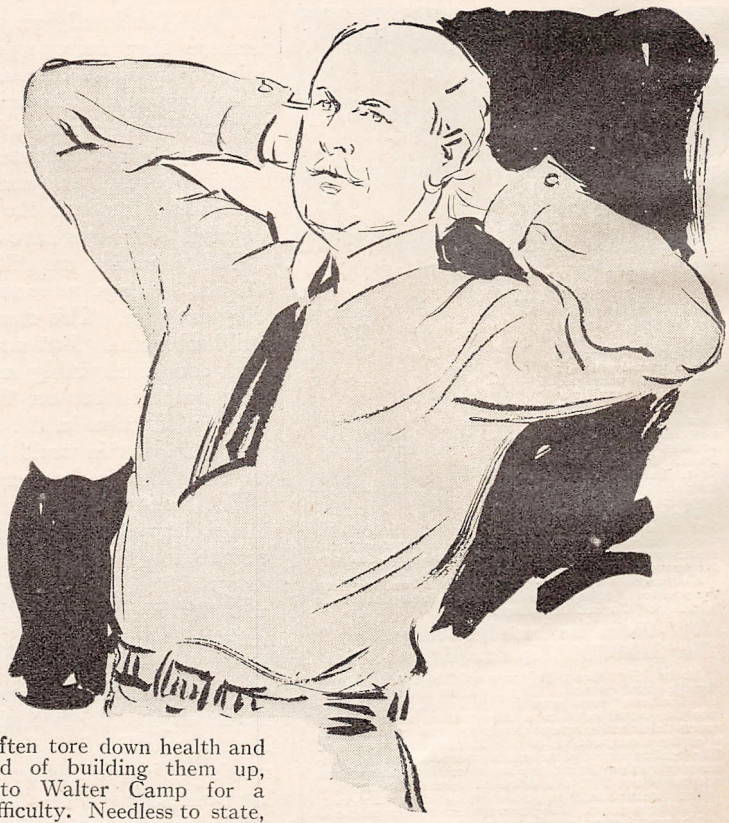
HAIR GROWS!

when our **Vacuum Cap** is used a few minutes daily. Sent on 60 days FREE trial at our expense. No drugs or electricity. Stops falling hair, cures dandruff. A postal brings illustrated booklet.

MODERN VACUUM CAP CO.
499 Barclay Denver, Colorado

Walter Camp's "Daily Dozen"

Now On Phonograph Records



Famous Yale Coach Says We Can Keep Fit in 10 Minutes Fun a Day

THRILLING! That's the only way to describe this new way of keeping fit. It's like zooming along in an aeroplane —the glow and exhilaration it gives one.

Unlike old-fashioned methods, this new way creates an indescribable liveliness and energy instead of tiring and wearing you out.

Doing the "Daily Dozen" to music in your own home, is in truth a great and new idea. Its originators richly deserve the widespread commendation they are receiving. For they have made exercise a real recreation –more fun than a fascinating game!

The main trouble with exercise up to this time has been that it was too much like hard work. We devoted a lot of time and trouble developing muscles we didn't need to develop. But now people are beginning to realize that if exercise is to do us good, it is first necessary that we enjoy it. This vital fact is only too often overlooked by the average physical instructor when he puts us through the usual, uninteresting, boresome and exhausting movements.

Dr. Frank Crane, in one of his recent editorials, says:

"Daily physical exercise is essential. It must be of a character to balance our daily occupation; that is, it should be an especial use of these muscles in exercises which in our regular work we neglect.

"The essential in recreation is that it shall be fun. *An hour's recreation that we enjoy is worth two hours that we take as a sort of punishment.*"

Doing the "Daily Dozen" to music is not only exhilarating fun, but it takes only 10 minutes a day. The exercises develop only those muscles on which our health depends. According to Walter Camp, the body muscles are the only muscles that average men and women need to develop in order to keep perfectly fit. These muscles count the most—yet they are the very muscles we most neglect!

In his speech before Congress, which is printed in the Congressional Record, Mr. Camp says:

"If you are going to do office work, you do not want bulging muscles. That is not worth while. It is a nuisance, and sooner or later it drains your vitality. The place where we must look out for ourselves is in our body muscles.

"Now, what do the wild animals in a state of captivity do? You do not see any lion or tiger kicking to exercise his legs. He knows his legs are going to be good enough. But what is he doing all the time? He is stretching those big muscles of the body, bending and stretching his body muscles. That is an inherited instinct in those wild animals. I made up my mind that this is what I wanted to get at, so I worked out this set of exercises."

The "Daily Dozen" made their first appearance in the training camps during the war. Army officials recognized that Swedish calisthenics and other old-fashioned methods often tore down health and efficiency, instead of building them up, so they came to Walter Camp for a solution of the difficulty. Needless to state, the "Daily Dozen," exercises of the famous Yale coach made an instantaneous hit with both officers and boys in training. Since that time they have swept over the whole country, making hundreds of thousands of men and women fit—and keeping them so.

But music was the one thing needed to make the "Daily Dozen" the *ideal* way of building health. It is difficult for any one to fully appreciate the glow of health, the amount of "pep" one acquires from exercising to music until one has actually tried it. Music, such as has been selected for the "Daily Dozen," has a wonderful power to inspire action.

No matter how indisposed to exercise a person may be, just let him put one of the "Daily Dozen" records on his phonograph. The music will do the rest. It will literally sweep him through the whole twelve exercises—then, very likely he will *want to do them all over again!* This is a favorite habit with the great army of "Daily Dozen" fans.

And the result of this ten minutes' fun a day, is an aid to the maintenance and the recovery of glowing health, a glorious vitality, a springy step, a bright eye—in short, a healthy and zestful man or woman tingling with the very glow of life.

But the "Daily Dozen" do not stop their wonderful work there. Far from it. If you are overweight, they will reduce your waistline. If underweight, they will help build firm, sound flesh. They revive weak, flabby muscles and assist in rebuilding them into live, vital tissue. They seem to instantly release an entirely unsuspected supply of energy which is at once reflected in a wonderfully increased capacity for mental or physical exertion.

The "Daily Dozen" are set to music on five full-size, ten-inch, double-disc records, playable on any disc machine. In addition, there are twelve handsome charts with 60 actual photographs illustrating every movement with clear and simple directions, and a little book by Walter Camp explaining the principles of his famous system. On the records a clear voice gives you the commands, telling you exactly what to do, and the inspiring music makes it a pleasure instead of a task. All you do is to put a record on the machine. Inside of ten minutes you will feel a glow that is priceless in its benefits to your health. Almost before you realize it you are enjoying better health—the greatest prize of all.

Try the Complete System Free—For Five Days

You cannot fully appreciate the real joy of doing the "Daily Dozen" to music until you try it. So we want to send you, absolutely free for five days, the "Daily Dozen" on phonograph records and charts illustrating the movements. These full-size, ten-inch, double-disc records playable on any disc machine, contain the complete "Daily Dozen" exercises, and the 60 actual photographs accompanying the records show clearly every movement that will put renewed vigor and glowing health into your body—with only ten minutes' fun a day. A beautiful record-album comes free with the set.

No need to send any money. Simply mail the coupon below and get Walter Camp's "Daily Dozen" on phonograph records. Enjoy the records for five days, and if for any reason you are not satisfied, return them and you owe nothing. But if you decide to keep the records, you can pay for them at the easy rate of only $2.50 down, and $2 a month for four months until the sum of $10.50 is paid. Thousands of people have paid $15 for the same system, but you can now get it for only $10.50 if you act at once.

Simply mail the coupon and see for yourself at our expense the new, easy, pleasant way to keep fit. You'll feel better, look better and have more endurance and "pep" than you ever had in years—and you'll find it's fun to exercise to music! Don't put off getting this remarkable System that will add years to your life and make you happier by keeping you in glowing health. Mail the coupon today. Address Health Builders, Inc., Dept. 211, Garden City, N. Y.

FIVE-DAY TRIAL COUPON

HEALTH BUILDERS, INC.,
Dept. 211, Garden City, N. Y.

Please send me for five days' Free Trial at your expense —the Complete Health Builder Series containing Walter Camp's entire "Daily Dozen" on five double-disc ten-inch records; the 60 actual photographs and the beautiful record-album. If for any reason I am not satisfied with the System, I may return it to you and will owe you nothing. But if I decide to keep it, I will send you $2.50 in five days (as the first payment) and agree to pay $2 a month for four months until the total of $10.50 is paid.

Name.....
(Please write plainly)

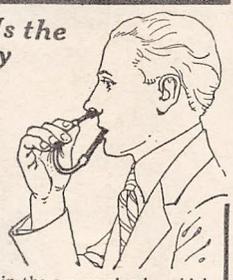
Address.....

City.....

If you prefer to take advantage of our cash price, send only $10.00.

Serous Glands Hold Cure for COLDS and Nasal CATARRH

Nature's Way Is the Right Way



"Cold" in the head or throat is a GERM DISEASE. The "cold" germs usually attack the nasal passages. These germs multiply rapidly, and unless checked, will affect any part of the body, usually the weakest spots. What begins as a simple "cold" may result in serious complications.

The true cure for "colds" and catarrh lies in the serous glands, which are intended by nature to protect the mucous membrane by pouring out upon it a flood of germ-destroying serum secreted from the blood.

How to stimulate the serous glands has long been the problem. It is now solved in the invention of the "Sanequo" Pocket Vaporizer.

Nature has Created the Serum, The "SANEQUO" Vaporizer Makes It Active

At last! Positive relief from cold in the head and chronic nasal catarrh! The Sanequo Vaporizer does it! Combats "germ growth" (infection) by spurting into the nasal cavities a stimulating vapor which rouses the inactive serous glands to activity and causes a copious outpouring of the healing blood serum. The healing serum of nature is poured over the whole mucous surface lining the nasal cavity and various accessory cavities, the flood of serum flushing the entire diseased surface and carrying away the germ harboring mucous. The immediate relief experienced in the opening up of the nasal passages, shown by freer breathing and the disappearance of other unpleasant symptoms, readily demonstrate the great efficiency of this remedy. There are lots of so-called vaporizers on the market, but none that does what the Sanequo does.

Both Vaporizer and Book At Special Price of the Vaporizer in this Introductory Offer

"Sanequo" Vaporizer complete with vial of Solution and Copy of the famous book, "How to Conquer Colds", only $2.00 if ordered promptly.

You Need the Vaporizer—You Need the Book

The Book, "*How to Conquer Colds*," and the Sanequo Vaporizer make a combination that means "no more colds." Make use of the scientific information contained in this book. Persist in the regular use of the vaporizer and you can be free from colds and nasal catarrh.

The Sanequo Vaporizer is so simple and convenient a device that it invites regular use. Carry it in your vest pocket. Use it when the first symptoms of a cold appear. This handy device may save you many days of discomfort and suffering.

SEND NO MONEY

In order to introduce the Sanequo Pocket Vaporizer Outfit to ten thousand more people quickly, we will include a copy of the book, "How to Conquer Colds." $2.00 pays for both the complete vaporizer (as shown in picture) and the Book in this introductory offer. But prompt action is necessary as the allotted number of vaporizers and books for this special offer will be exhausted quickly. Order today on our *guarantee of money back if not satisfied.* Send no money now—simply pay the postman $2.00 (plus few cents postage) on delivery of the package. Clip coupon now or copy wording in letter and address to Sanitarium Equipment Co., Good Health Bldg., Battle Creek, Mich.

SANITARIUM EQUIPMENT CO.,
Good Health Bldg., Dept. 10,
Battle Creek, Mich.

Send me the "SANEQUO POCKET VAPORIZER" Outfit and the Book, "How to Conquer Colds." In accordance with your special offer, I am to have both for the price of $2.00 which I will pay postman (plus postage). If I am not perfectly satisfied with vaporizer and Book, I may return them and get my money back in full.

Name.....

Address.....

City..... State.....

(*Continued from page* 94)

because they were property. The Hetairae were more than mere courtesans. They represented, however crudely and imperfectly, the companionship and the free intellectual commerce which must obtain between men and women before civilization can bear the fruits of which its saints and sages have dreamed.

Today women are still more or less in the chattel stage, more so in Europe than they are here. This means that we are still barbarians. But women are leaving that condition visibly and swiftly; and they are therefore on the point of fulfilling a function in the intellectual and social life of this world that will eclipse anything the Greeks ever dreamed of.

The freeing of women has introduced into society a transforming leaven. It will change the face of life; it will change many of its hitherto essential meanings; and this must happen because the interests of women are fundamentally different in a score of ways from the interests of men. Hitherto those interests have never expressed themselves in action. Now they will. This has always been a man's world; that is one reason why it has been a soggy mess. Leaven is needed.

The conclusion from all this, if it be sound reasoning, is that a great change in the relations of the sexes is going to be inevitable; and that the Clothes of the future are going to express that change. Clothes will make it visible, real, and concrete; they will express the change as the human body expresses the soul, or as words express thoughts. Clothes? These things are all clothes. Every visible and apparent thing is a kind of Cloth—a symbol. If you wear your coat because there are Ladies present, it is Cloth. If you lift your hat as you greet them, that is Cloth, the symbol of an idea; and if they cut you, that is Cloth, cut to show their idea of you. But it's Cloth, Cloth everywhere—from the day you enter into the world to the day you leave it. They will even bury you in a coffin, which is Cloth, and covered with Cloth. For Cloth is a Symbol, and life is a tissue of Symbols. If you don't believe it, read your Carlyle.

The freedom of women and the possible increase of human leisure, then, may be expected to have an influence on Clothes. It may even reduce Clothes back to their original status, which was one of adornment, and which had little to do with the matter of protection, and nothing at all to do with Modesty. Modesty did not prompt the wearing of clothes; it resulted from it. Real modesty is to be found in many savage tribes that go stark naked.

Man's first spiritual need was the need for decoration. He often tattooed himself and painted himself before he thought of some other garb that would be less intimate to his skin. In other words, he followed beauty as he conceived beauty. We do the same thing today with the results that are not always an

(*Continued on page* 98)

Reduce Your Waist in 10 Seconds

BEFORE

AFTER

You can actually do it now with the "Wonder" Health Belt. It will take only the time required for adjusting the belt around your waist to accomplish this reduction and to bring relief from the strain of excess weight, which your abdominal muscles are carrying. You will be agreeably surprised at the immediate relief from bodily fatigue and discomfort. You will know the satisfaction of again having a well poised figure. And, best of all, the fat begins, at once, to depart. Then good healthy muscular tissue replaces it. In a month or so, you can take from 4 to 6 inches off your waist.

THE "WONDER" HEALTH BELT

will do these things. It is scientifically constructed from strong, light-weight fabric. Easily adjusted and easily washed.

FREE TRIAL OFFER

Send your name, address and present waist measure. If no tape is handy cut a piece of string to the proper size and mail it to us. We will send you a "Wonder." Health Belt by return mail. At the end of five days if you are thoroughly delighted with the belt, remit $3.00 in *full* payment. If not, return the belt to us and you will not owe us a penny.

Weil Health Belt Company
111 Hill St., New Haven, Conn.

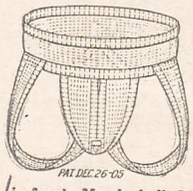
Learn SHORT STORY Writing

Dr. Burton

By mail. Course by Dr. Richard Burton—"greatest teacher and authority of them all"—who personally corrects the lessons. *Good money in it.* Dr. Burton's students have made thousands of dollars on their stories—one has made nearly $100,000.00. Probably over $2,000,000.00 paid to correspondence students last year for stories. Why not you? You may have ideas that will bring you fame and fortune. Train your ability to express them. Costs nothing to investigate. Write today for *Free Booklet*—"*Short Story Writing*," and full particulars and special low rate.

Laird Extension Institute
(Since 1910)
26 Laird Building, Minneapolis, Minn.

MIZPAH JOCK No. 44



Gives you a feeling of real comfort and the assurance of perfect protection while exercising or playing games of any kind. All elastic. Perfect fit. Will not chafe. Perfect pouch. Patented opening in front. May be boiled to cleanse.

TWO WEEKS' TRIAL If not satisfactory return and money will be refunded. Mailed on receipt of price, 75¢. State waist measurement.

THE WALTER F. WARE COMPANY, Dept. A
1036 Spring Street (above Race) Philadelphia
For sale also at Sporting Goods and Drug Stores

TRUE BEAUTY

AND POWER TO FASCINATE come only with health. Bring out all Mother Nature's charms by using a delicious, strength-giving malted food

HEMO

to make new red blood.

Samples and booklet "Beauty and Health" sent free upon request.

THOMPSON'S MALTED FOOD COMPANY
DEPT. 33 Waukesha Wisconsin

"Don't-Snore"

Trade Mark Reg. U. S., Canada, Gt. Britain, Patents
STOPS SNORING. STOPS MOUTH BREATHING.
Sent on approval to any reliable person. Price $2.00
SIMPLE DEVICE CO., Middleburg, Va., Box 24

Magnetic Clay Makes Bad Complexions Good in 30 Minutes

Marvelous Discovery Instantly Draws Out Every Blemish and Impurity—Revealing a Wonderfully Clear and Beautiful Skin

HOW would you like an entirely new complexion—a complexion radiant with the fresh coloring of youth—smooth and firm as a child's—and free from even the slightest trace of unsightly blemishes?

You can have it—**and in only 30 minutes!** Yes, in one short half hour you can have a brand new, beautiful complexion!

It seems almost unbelievable. Yet in just 30 minutes by your watch, tired lines, enlarged pores, sallowness—all vanish. Blackheads and pimpleheads are lifted right away. Hidden beauty that you never dreamed you possessed is brought to the surface.

How Are These "Miracles" Performed?

The explanation is really very simple. The face contains millions of tiny pores. It is through these pores that impurities are expelled. But when dust, bits of dead skin, and other accumulations clog up these tiny openings, the impurities cannot escape. They remain in the skin—and soon pimples, blackheads and other embarrassing blemishes make their appearance.

But once you remove the dead scales on the surface—once you remove the blemishes beneath the surface—your complexion is left soft and smooth, tingling with the freshness of youth and beauty. For under the poorest complexion—under the most unsightly skin—there is exquisite beauty!

Up to now it was almost impossible to completely remove these harmful accumulations beneath the skin. Soap and water cleaned only the surface. Massage offered only temporary help, and caused wrinkles.

Now, however, after years of research and experiment, Science has found the one positive, natural way of relieving clogged pores **at once.**

Watch the Results!

Certain elements, when scientifically compounded, have been found to possess a wonderful magnetic action. These elements have been blended into cream-like clay of delicate fragrance. It is applied to the face with the finger tips.

This new discovery is known as Domino Complexion Clay. The minute it is applied, every one of the millions of tiny pores is stirred to life. In a few minutes the clay dries and hardens, and there is a cool, tingling sensation as the clay draws out every skin impurity. You will actually feel the tiny pores breathing, relaxing, freeing themselves with relief from the poisons that clogged and stifled them.

Allow Domino Complexion Clay to remain for 30 minutes. You may read or sew, or go about your household duties. All the while you feel the wonderful clay gently absorbing the blemishes. Then soften the clay with a warm towel. As it rolls off every scale of dead skin, every harmful impurity, every blemish, comes with it. A hidden beauty will be revealed. Beneath the old complexion will be disclosed an entirely new one—soft, clear, fresh, with a new smooth texture and glowing youthful bloom.

NOT A TEST—READ THESE LETTERS

Although Domino Complexion Clay is a new discovery, it has already been used successfully by thousands and the following excerpts from letters are only a few of those we have on file:

I received my jar of Domino Complexion Clay and I am very much pleased with it. My face was full of blackheads, wrinkles and large pores, and there is a great improvement already. I cannot say enough for it; every woman who has facial troubles ought to give it a trial. It's wonderful!

Mrs. A. B. Scott, Geneva, New York.

I am perfectly satisfied with your Domino Complexion Clay. It is just wonderful. I wish to be a regular customer; also my friends, as they are so surprised with the results.

Miss Rose Dunaway, Box 484, Vinton, Va.

Your Domino Complexion Clay is just what I was looking for. My husband has also tried it. We both think it a most wonderful discovery. My friends have been noticing my complexion, and I told them they could have the same.

Mrs. R. Wilson, 542A Hancock St., Brooklyn, N. Y.

Reveals the Skin's True Beauty

Domino Complexion Clay is not a cosmetic. It does not cover up blemishes and impurities—but r e m o v e s them **instantly.** It cannot harm the most sensitive skin. There is a wonderfully pleasing sensation as the facial pores are relieved of their accumulated poisons and impurities. Not only your friends, but you yourself will be amazed when you see the results of the very first treatment. The true beauty of your skin will be brought to the surface, and your face will appear completely rejuvenated.

Mail Coupon Now—No Money

In order to enable every one to test this wonderful new preparation we are making a very special introductory offer. You need not send a penny in advance. Merely mail the coupon below and we will send you a freshly compounded jar of Domino Complexion Clay in a plain container—no markings to indicate contents. Although it is a $3.50 product you may pay the postman only $1.95 (plus a few cents postage) in full payment.

You do not risk a single penny in trying Domino Complexion Clay, for if you are not more than delighted with the results you may return the jar within ten days and your money will be instantly refunded without question. That is our positive money-back guarantee to you. We have backed it up with a special deposit of $10,000 in the Producers and Consumers Bank in Philadelphia. Thus you have new beauty to gain—and not one penny to risk.

ONLY $1.95 Send No Money

You have always longed for a clear, soft, youthful complexion. Here is your opportunity to have one—easily, quickly and positively. Already Domino Complexion Clay has given new complexions for old to thousands of others—and it will do the same for you. Mail the coupon today—now. Remember, on this special offer, which may never be made again, you get Domino Complexion Clay at a greatly reduced price. So act at once. Mail the coupon today. Domino House, Dept. 2211, 269 South Ninth Street, Philadelphia, Pa.

DOMINO HOUSE
PHILA. PA.

Send No Money

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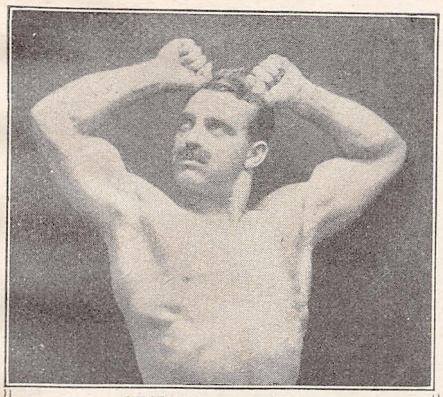

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(*Continued from page* 96)

improvement on that first sincere, single-hearted, unconscious, blind effort to make a step toward heaven.

In many savage tribes clothing still serves the purpose of ornamentation exclusively. It is worn, not as a screen, not as a curtain, but simply to give pleasure to the eye and to draw attention to the body. In that respect it played and still plays an important part in sexual selection.

Later, and quite logically, came the use of clothing as a Screen. As such it meant at first just what a fence means around your yard or a curtain before your windows at night. This Screen or Fence symbolism came about primarily from the fact that women were regarded as property. In many savage tribes today a girl goes unclothed till she is married, after which she wears clothing, as a sign, a symbol, that she is owned. It is a warning to other men that there must be no trespassing; it is *tabu*.

That was how the thing started. The next step was to clothe the unmarried women also; for they were property too, the property of their fathers—salable property, safest if fenced off and hid from view.

There is another fundamental instinct back of the use of Clothes—one that can't be disregarded. I refer to the instinct of Disgust. Clothing in time became powerfully associated with the feeling of disgust, and with the fear of exciting disgust. In many parts of the world men are more reluctant to expose their bodies than are the women. Unquestionably that particular fear plays an overwhelming part in the impulse which all but very young children have to hide the body from view. It sums itself up in the question, "What will others think?"

This fear has always had a very great additional stimulus wherever there is neglect of the body—neglect either to develop it by exercise or to keep it clean. People naturally become keenly sensitive about exposing their bodies when they are ashamed of their physical condition. How many persons, to give a single instance, would be willing to expose their feet, deformed by our styles in shoes?

I recall reading, in an account of the work of the Red Cross in France,—it appeared, I think, in the *Saturday Evening Post*,—that one of the jobs of the Red Cross workers in the devastated and partly ruined districts of France was to give the children baths, partly because all youngsters needed baths, and partly because many of them were troubled with vermin. The Red Cross workers had portable showers with pressure tanks for water, and they scrubbed the younger generation of France by the score. There was no objection to the baths from anybody, but the parents did make strong protest to the removal of any clothing from around the middle of the body. It was considered immodest in virtuous

(*Continued on page* 100)

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New Discoveries About Vitamins

By Harrison Sinclair

What *is* the truth about Vitamins? During the past year a tremendous amount has been written about these new food elements. Health articles, scientific treatises, advertisements—all have been filled with the wonders of this new discovery of Science. We have been made to believe that the Vitamin is a miraculous "cure-all" for anything from an old fashioned stomach ache to an ankle sprain!

And we—the interested public—are befuddled. Hemmed in by exaggerated and oftentimes conflicting statements, bewildered by mysterious scientific terms, all we can do is ask ourselves, "What *is* the truth about Vitamins? How much is 'bunk' and how much proven fact? How can we get the greatest benefits from this remarkable new contribution to Science?"

The story of the Vitamin and its discovery is an intensely interesting one. Way back in colonial days, *scurvy* was especially prevalent among sailors on long voyages. It was noticed that those patients who ate oranges, or lemons, or drank cider recovered quickly. Unfortunately for succeeding generations, the scientists of those days did not appreciate that the cause of this scurvy was lack of Vitamins in the food of the sailors. They couldn't realize then that the cure resulted because oranges, lemons and cider were rich in a certain Vitamin.

A few decades ago beri-beri ravaged the Far East. Thousands of Chinese and Japanese died as a result of this disease. Japanese and English scientists traced this epidemic to the fact that the natives were then eating *polished* rice instead of the unhulled rice which they had formerly eaten. They decided that there was some mysterious element in rice polishings which was essential to our health. That was the first great step in the discovery of the Vitamin.

Vitamin experiments were immediately taken up in America. It was found that our average diet was conspicuously lacking in this new element, and that thousands of people who were eating three hearty meals a day were rundown, undernourished and nervous because of this Vitamin deficiency. The prevalence of this condition was brought to the attention of our health authorities. Food experts and scientists all over the country became interested in the study of this new element.

Because of its absolute importance to life itself, Prof. Funk decided to call this newly discovered element *Vitamin* from the Latin *Vita* meaning *Life*. Other prominent American scientists, notably Prof. McCollum of Johns Hopkins and Professors Mendel and Osborne of Yale, made additional important contributions. The most important of these discoveries is that there are three distinct Vitamins, which are now called Vitamin A, Vitamin B, and Vitamin C.

It has been found that the absence of *any one of these three Vitamins* will result in grave physical disorders. The most common symptoms of lack of one of these Vitamins are: nervousness, insomnia, general tired feeling, poor appetite, skin eruptions and rundown condition.

Scientists now particularly stress the importance of *mothers* receiving the proper amount of Vitamins. Before and after the birth of children it is most essential to their health that mothers eat food containing all three Vitamins.

Are You—

Nervous? Rundown? Underweight? or troubled with Insomnia or Skin Disorders? Mr. Sinclair's article on this page explains recent scientific discoveries which show how easy it now is to banish these conditions.

We have not been lacking in suggestions on the sources of Vitamins. Scores of commercial enterprisers tell us that their particular products have one or even all three Vitamins. To what extent their statements are based on scientific fact is a question. Authorities on biological and organic chemistry have taken exception to many of these statements—have even implied that the products advertised contain little or no Vitamin content that can be utilized by our bodies.

Scientists all agree however that there are certain basic foods that abound in Vitamins—ordinary, every-day foods that are veritable treasures for all three Vitamins. They say that the only sure way of obtaining a proper amount of these life-giving elements is to get them first-hand from these natural foods.

In connection with this study of our foods and their vitamin content, the world is especially indebted to one of our American food experts for his researches. Eugene Christian, who is recognized as one of the most prominent food authorities in the world, has made an extensive and very successful study of the source of Vitamin in our food. He has supplemented the experiments of American and European scientists; he has brought their more or less technical discoveries down to our every-day life and has shown us exactly how we can get the greatest benefit from all three Vitamins.

Just as the absence of any one of the three Vitamins in our food results in general rundown condition, conversely the presence of the proper amount of all three Vitamins contributes largely to healthy vitality. Actual tests among athletes have shown that invariably they were receiving food which was rich in Vitamins.

It is very easy to get these Vitamins and to see to it that they come to our bodies in a condition which will permit their being assimilated. Nature itself provides a way that is as easy as it is natural—every-day delightful foods—yet foods which we oftentimes forget to include in our menus.

Even when we do include Vitamin-bearing foods in our menu we must take precautions to see that these foods are not robbed of these precious Vitamins before they reach us. Commercial concerns often unconsciously destroy these elements when they prepare or pack products which normally should be rich in Vitamins. Oftentimes housewives themselves destroy the Vitamins in preparing food for the table.

In what foods can we find each of the three important Vitamins? How can these foods be prepared and served so as to insure our bodies against the loss of the benefit from these Vitamins? What deficiency diseases are the result of lack of vitaminous food?

Every health seeker can now easily know the answer to these and every other question they have about this great new discovery and its benefit to our health. Every housewife can easily see to it that her table contains food bearing the necessary Vitamins in the necessary quantity. Thousands of people who now are easily tired—who are run down and nervous—who are anything but as healthy as nature intended they should be—can find in vitamin-bearing foods the surest, easiest, and most natural method of restoring and preserving complete health and vitality.

Eugene Christian himself has made it possible for everyone to receive the full benefit of the Vitamin discovery. Instead of burying the story of Vitamins under a mass of technical language, he has taken the discoveries of all the great scientists, combined this with his own food experiments and submitted the result in simple, easily understood language.

We can read in his "Ten Little Lessons on Vitamins" the complete story of the century-old search for this mysterious element. We can read there the remarkable discoveries which scientists have made—including many of those made this past year. We can find there a complete explanation of where to find all three Vitamins, how much of each Vitamin is to be found in various foods, how to prepare those foods to keep their Vitamin value.

Eugene Christian goes even further than this. He tells us how we can utilize Vitamins for building weight, for increasing vitality, for clearing skin and banishing numerous stomach and blood ailments. He gives special hints to nursing mothers, special advice for the feeding of children. He has in a most successful way tied down this wonderful new scientific discovery to every-day realities—shaped it so that all of us can find valuable use for it.

The Vitamin Research Society of New York has secured, in the interest of millions of health seekers, the right to this famous food specialist's "Lessons on Vitamins." It aims through these lessons to place before those who are suffering from under-weight, anemia, nervousness and all other results of Vitamin deficiency, an authoritative, practical help. It also aims through these lessons to give to everyone who is interested in *keeping healthy* the information about Vitamins which is absolutely necessary.

In order that *everyone* may profit by this knowledge, the Vitamin Research Society has arranged to offer the entire 10 lessons for only $1.97 (plus postage). If after five days you are dissatisfied with them, the Research Society gives you the privilege of returning the lessons and your money will be immediately refunded.

Every man and woman who is interested in keeping healthy should have these "Lessons in Vitamins." Send for them. You need send no money. Mail the coupon — now. Vitamin Research Society, Dept. 1, Gotham Nat'l Bank Bldg., 1819 Broadway, New York.

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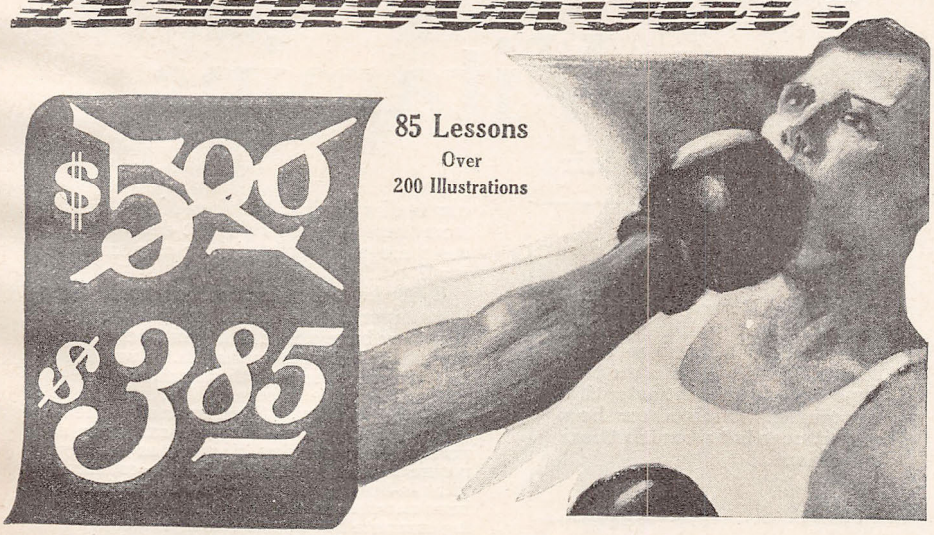

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(*Continued from page* 98)

France to strip a child; and these children, it appeared, were never stripped—the highly modest implication being that they never before had experienced such a thing as a thorough-going bath. From which it may be inferred that the step from Modesty to Lunacy is not always a long one. To an American the idea is monstrous, and the condition of those children unimaginable. And yet we doubtless have follies of our own that are no wiser.

Disgust, of course, has its source in fear. In an ideal social condition, it would have no existence; but since there is no prospect of an ideal state for some time to come, this tradition is one that has to be reckoned with, quite regardless of whether it be reasonable or not.

What I have said in explanation of the racial background of the whole tradition of Clothes makes it clear, I hope, that women were the first to wear clothes, and that the future developments and changes in Clothes will depend more on what women decide to do about it than on any one thing. If sex modesty, as a predominating factor in Clothes, is ever to take a secondary place, so that the motive or ornamentation may play its part undisturbed, it will have to be because women have themselves seen fit to change the conditions. The point is simply this: The conception of women as Property is going. Women are becoming Persons instead of Owned Persons. The reason, the first primitive motive, for wearing Clothes as a fence for owned property, is therefore disappearing. The removal of that first motive is like removing the foundation of a wall. If women shall cease to be owned, what becomes of the symbol of ownership? Will women tolerate its continued existence, or will they design and wear their clothes with a different set of motives from what they have had in the past?

It seems to me inevitable that the world, in consequence of this change in the condition of women, will return more and more to that first motive of ornamentation, the first deep-rooted, permanently valuable, clearly spiritual impulse which had to do with Clothes. In this respect the use of Clothes has, over nudity, certain sanctions that can't be questioned, sanctions which have something in common with the birds that flash, bright with color and song, through the bushes; something in common with the lilies of the field, excelling the glory of Solomon in the splendor of their royal purple, and so attracting the nectar-seeking, pollinating bee. It is a sexual sanction, if you like, but it is a natural and legitimate sanction devoid of prudery and self-consciousness, and it has within it the highest spiritual possibilities our race has yet conceived of.

Of course the screen tradition will die hard. It has its roots very deep in the past. But Science is advancing. Educa-

(*Continued on page* 102)

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The Vital Reason for the Internal Bath

In Chicago recently, there was held a gigantic political meeting that attracted a crowd of some 15,000 men and women of varying ages. On the outskirts of the assembly stood a physician with a friend. Turning to his friend, the medical man said, "I'll wager that in this vast throng there aren't 100 persons who are in anything like normal health."

Much as we dislike unpleasant truths, there is significance in that physician's remark for all of us. Few of us can honestly say that we are over 50 per cent. efficient.

We all want to be free from disease or ailment of any kind. We all want to have pure blood, normal heart and sound nerves. We all want to enjoy restful nights and active, vigorous days. Yet most of us are half the time blue and worried, all the time nervous, and most of the time actually incapacitated by illness.

And why? Largely because we do not follow a few simple rules in the care of our physical condition. How many of us, for instance, practice internal bathing? True it is that this means of improving the physical condition is growing in use every day, but there are thousands of us yet who are strangers to the benefits of the Internal Bath.

The need for internal bathing is due simply to the fact that we have within our bodies such an organ as the large intestine, commonly called the colon. Accumulating waste as it does, the colon is the bane of our health. The waste is toxious, which means poisonous, and as the blood flows through the walls of the colon, it absorbs the poisons and carries them through the circulation. That's what causes Auto-Intoxication—which in plain English means "Self-Poisoning," a condition which pulls down our powers of resistance and renders us subject to almost any serious ailment that may be prevalent at the time. And the worst feature of it is that few of us know when we are "Auto-Intoxicated."

The proper kind of Internal Bath is Nature's own relief and corrector—just warm water, which, used in the correct way, cleanses the colon thoroughly its entire length and makes and keeps it sweet and pure.

The effect on your physical condition is little short of marvelous. Your eyes take on a new sparkle, your step a new vigor. Your nerves relax, your appetite improves, and your sleep becomes more restful, more refreshing. You feel re-made.

To really understand the Internal Bath and all that it accomplishes, one should read the very interesting booklet by Dr. Chas. A. Tyrrell, the inventor of the "J. B. L. Cascade." Dr. Tyrrell's own life was saved and prolonged by Internal Bathing and he wrote on the subject like the eminent authority that he was. The booklet, which is entitled "The What, The Why, and the Way of Internal Bathing, will interest every man and woman. All that is necessary to secure this booklet is to write to Tyrrell's Hygienic Institute at No. 152 West 65th St., New York City, and mention having read this article in PHYSICAL CULTURE Magazine. The booklet will be mailed to you free of all cost or obligation.

(*Continued from page* 100)

tion is spreading; people are learning to think. Moreover, the practical necessities of our daily life are of a kind that leave scant room for outworn traditions once they are conclusively outworn; the modern world has a way of knocking such time honored customs into a cocked hat. It seems only yesterday that the appearance of a woman in knickerbockers in the streets of New York would have gathered a hooting mob and a policeman summoning a patrol wagon; but I saw one in Grand Central Station the other day, and nobody noticed her. It would perhaps have been more natural and fitting in the country, but it bothered nobody. Things like that are happening with tremendous speed.

Granting that the change is taking place, what will it lead to? Well, perhaps it is safe to say that Clothes, both for men and women, will experience what might be called a change of emphasis. They will serve the purpose of protection from the weather, doubtless as hitherto. They will express also a sincere Modesty in place of a sham Modesty,—that is, they will afford a legitimate kind of privacy and allow plenty of room for the feeling that life has inner sanctuaries—in a social order like ours, at least—to which the world may not be admitted; that it has deep personal relationships and experiences in the individual life and also in love and in marriage; all this the Clothes of the future will fittingly recognize, respect, and express. Third, and most important, Clothes will express what we are; that is, they will be for beauty, an outward and visible sign, as it were, of an inward and spiritual grace. They will express this grace in line and color; and in that sense they will be different, probably, from the clothes we now wear.

This workaday world really requires two kinds of clothes, first, those made to work in, the utility of clothes, which may well have a certain beauty, though it be not the fragile beauty of choice form and color, and second, the clothes meant for leisure and rest. These last, if we ever reach a point where, as a race we have a reasonable amount of leisure and rest, may well be a radical departure from anything we now have—a departure in the direction of real beauty.

Probably the most beautiful of all the costumes of which we have any record was that worn in the Greece of the Age of Pericles—graceful, flowing robes, hanging in natural lines, rich with color, blown freely by the wind, freely revealing the body. It was an ample protection in that perfect climate, and it was so easily put on and off that it was to the naked body almost what a cape would be to us in this day, a thing to be worn or discarded instantly at the convenience of the wearer.

Greek art is saturated with this conception of clothes as a protection, as an ornament, as a sane and reasonable instrument for securing a reasonable and

(*Continued on page* 104)

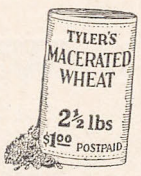
BANISH CONSTIPATION

Indigestion—Nervousness

Here is a guaranteed cure for Constipation. Your money back if it fails. A food that supplies the deficiency of minerals and vitamines in the diet—the direct cause of this disorder and associated ailments.

Tyler's Macerated Wheat

A scientific combination of macerated (crushed) whole wheat, nuts, raisins, etc. A ready to eat food, with all the 16 elements of which the body is composed, and all 3 vitamines. The vital ingredients are not destroyed by heat or cooking in any form. **Macerated Wheat is especially rich in Iron and Phosphorus,** the great blood and nerve builders; **Potassium,** which keeps the arteries and joints elastic. **Magnesium,** the eliminent of body wastes, and **Calcium,** the great bone and tooth builder. A natural regulator, not a laxative. **Positively banishes constipation.** Indigestion, stomach disorders and nervousness quickly disappear with its use.



Curative—Nourishing

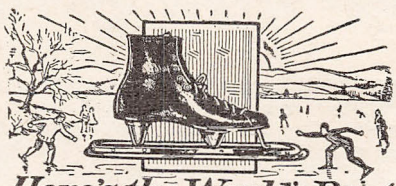
Tyler's Macerated Wheat, in curing constipation and supplying mineral salts and vitamines, restores the digestive, nervous, respiratory, and excretory tracts to normal functioning. Consequently new life and vitality are created. **The blood is enriched, the nerves quieted and strengthened, mental activity is increased, vital energy is produced** in men, women and children. ***Macerated Wheat is a Vitalizing, force-producing, and tonic, corrective food for both sick and well. Because of its high vitamine and mineral content it is an ideal food for expectant and nursing mothers and growing children.***

Macerated Wheat has given remarkable relief in stomach disorders, debility, nervous breakdown, anemia, malnutrition, rheumatism, high blood pressure, neuritis, underweight, and constipation of all kinds.

Send Money-Back Trial Order

Whether you are well or sick, **try Macerated Wheat at our risk.** If you receive no benefit, we'll refund your money. Macerated Wheat is ready to eat. Eat it alone or with other foods, if you wish. **Highly nourishing, easily digested, fine flavored and extremely palatable. Children relish it. Most economical food on market. 2 1-2 pkg. $1.00 postpaid. Send dollar bill or check today. "Health Guide" Free with Order.**

BYRON TYLER (*Est. 1899*)
1178 Gibraltar Bldg. Kansas City, Mo.



Here's the World's Best Tubular Skates

Health and Happiness are found in owning a pair of Planert's "Northlights." Known as THE WORLD'S BEST — they can't be beat for speed, strength and light weight. Used by Champions. Made for men, women, boys and girls. Cost no more to get the best.

PLANERT'S NORTHLIGHT

Booklet with Hockey Laws

This Booklet is absolutely free to any one. Gives the International Hockey Laws and description of *Planert's Tubular* Racing, Hockey, Rink and Figure Skates. Champions recommend them. Write *now*.

FREE

Ask Your Dealer

Let your dealer show you Planert's Northlight Skates — their quality and special features. Accept no SUBSTITUTES.

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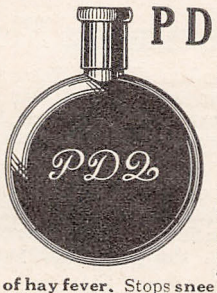


Quickly and positively disinfects the nasal, throat and bronchial passages

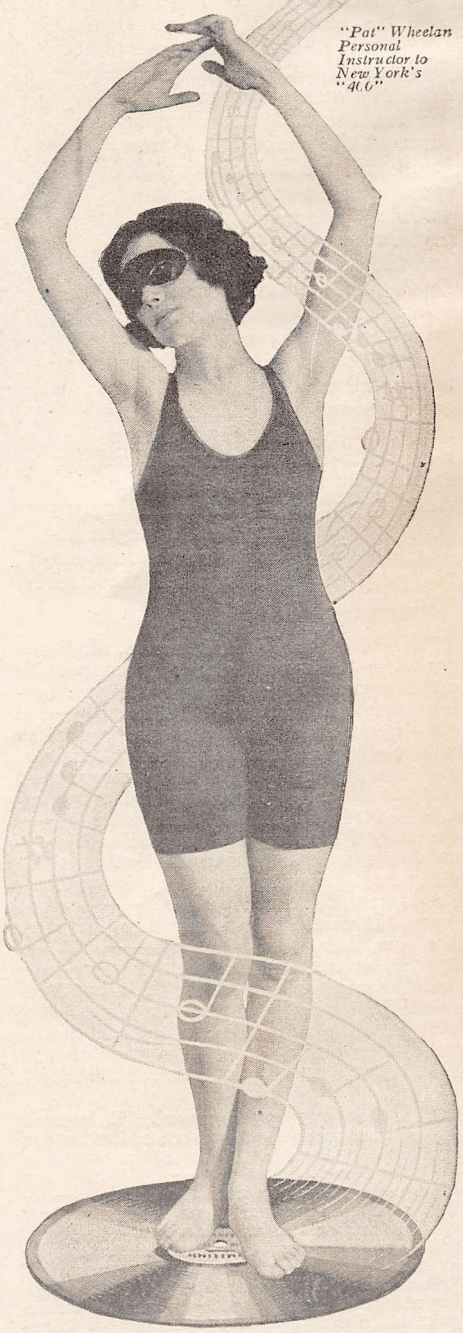
COLDS, CATARRH ASTHMA

Controls any inflammation of the mucous membrane, breaks up the tendency to "catch cold," heals the **raw spots.** A speedy relief for **catarrh, asthma and the results of hay fever.** Stops **sneezing,** clears up the nostrils. **Safe, sanitary.** No habit forming drugs. Hard rubber highly polished—size of a watch. Will last a year and can be remedicated. By mail only, $2.00 cash with order.

P D Q DISINFECTOR CO., Dept. C, Madison, Wisconsin

See What Fun It Is to Get Thin to Music

Try the famous "Pleasure Method" used by New York's society women, for five days in your own home FREE!



"Pat" Wheelan Personal Instructor to New York's "400"

COULD you eat the most expensive, rich sweets every day—and not gain a pound? Could you attend hosts of sumptuous luncheons and magnificent banquets—and reduce? Could you pamper yourself with every pleasure money can buy —*and stay thin?*

New York's women of the "400" all do this. Then they call "Pat" Wheelan, *and their continued slenderness is assured!*

At first "Pat" Wheelan was a fad. Somebody to relieve the torment of drugs, diets, tiresome hikes, rolling on boudoir floor, steaming baths, sanitarium treatments. Then, like magic, the "fad" made good. Astoundingly good. And what had been taken up as a pet diversion became the accepted custom. "Pat" Wheelan is today personal instructor to New York's "400."

Glance at the photographs of fashionable folk in society magazines. Sooner or later everybody is pictured. Yet not one is stout. Each has the priceless gift of perfect form combined with grace, health and youthful suppleness. "Pat" Wheelan knows their secret, for he sold it to them, for many times the price he is now offering it to the public.

Season after season, year after year, flitting here and there, these women lead a luxurious life beside which your simple daily round is incomparable. Yet hardly a pound of excess fat. Only the delicate softness of smart lines, and that superbly healthy roundness of limbs which all women desire and all men admire. The most beautiful group of women in the world!

What Would You Give for This Secret?

It can now be yours almost for the asking. Mr. Wheelan has developed a plan for this in which stout persons everywhere can share. He wants every overweight man and woman in America who longs for an ideal figure, graceful curves, and youthful proportions to try his method—to hear his voice—to let him help them vanish their fat away. And, because your life is perhaps less exacting than that of his "400" pupils, he promises his method will reduce *you* even more rapidly, pleasantly and successfully.

The Instructions "Society" Hears

On your phonograph you will listen to the same "catchy" tunes that echo in milady's boudoir. Keeping time with their enticing rhythm you will sway through graceful movements of body and limb. You will watch a little chart set up in front of you. You will hear Mr. Wheelan's encouraging voice calling out every move. Everything is so vivid, so delightful, that you can almost see him before you. You are having a splendid good time—real fun!

Your blood will flow faster through your body. You can feel it. Almost as if your heart were keeping joyful time with the spirited tunes. You will know that the stimulated rapid flow is carrying off the excess fat, a pound a day—and more. Bringing new life. Removing all impurities and poisons. Taking away the causes of skin blemishes. Restoring weakened heart, liver, stomach and kidney to vigorous health.

Special Trial Offer In Your Own Home

Mr. Wheelan has now placed his fascinating music on 5 double-disc records, playable on any phonograph. As you play them you hear his inspiring voice directing every move you make. With these records go 10 charts, one for each disc, to set up in front of you so that each lesson becomes as easy and simple as though Society's personal instructor were right in your room.

He will send you these charts, records and lessons for five days' Trial. You have only to mail the coupon—or a letter. Everything will come to you in a plain wrapper to use and test for five days as your property.

Mr. Wheelan insists that everyone be given every opportunity for ample time to test. He wants to make sure that no arrangement in advance will discourage any person who may perhaps need his aid the very most.

Send No Money

Just mail the coupon—or write a letter—and we will send you the entire course, including the 5 double-disc records, for five full days' FREE Trial. During the five days you may use the course and test it just as though it belonged to you. We want you to thoroughly satisfy yourself without any obligation that everything we claim for the course is absolutely true. If for any reason you are not fully satisfied after using it five days, you may return the course without paying us one cent. But if you want to keep it—as you surely will—simply send us $3.85 and the full course is yours without further payments of any kind.

Mr. Wheelan is allowing only a limited number of the lessons to be sent on this five days' FREE examination offer and this offer may be withdrawn without notice. Remember, you do not risk one cent to make a fair personal test of this safe, harmless, rapid, and fascinating way to regain a perfect form, youthful looks, and superb health. Mail the coupon today!

"PAT" WHEELAN
211 Cambridge Bldg., Fifth Ave., New York City

"PAT" WHEELAN,
211 Cambridge Bldg., Fifth Ave.,
New York City.

Send to me for my FIVE DAYS' FREE EXAMINATION, in a plain wrapper, the 5 double-disc records, together with necessary instructions which are designed to give me a perfect figure through the most fascinating method ever known. If I am not satisfied after five days' free trial, I may return the full course and will neither owe you one cent nor be obligated in any way. But if I decide to keep the course, I will send you $3.85 within five days, and the course becomes my property without further payments of any kind.

Name .....

Address .....

City ..... State .....

How the Shape of My Nose Delayed Success

By EDITH NELSON

I HAD tried so long to get into the movies. My Dramatic Course had been completed and I was ready to pursue my ambitions. But each director had turned me away because of the shape of my nose. Each told me I had beautiful eyes, mouth and hair and would photograph well—but my nose was a "pug" nose—and they were seeking beauty. Again and again I met the same fate. I began to analyze myself. I had personality and charm. I had friends. I was fairly well educated, and I had spent ten months studying Dramatic Art. In amateur theatricals my work was commended, and I just knew that I could succeed in motion pictures if only given an opportunity. I began to wonder why I could not secure employment as hundreds of other girls were doing.

FINALLY, late one afternoon, after another "disappointment," I stopped to watch a studio photographer who was taking some still pictures of Miss B——, a well-known star. Extreme care was taken in arranging the desired poses. "Look up and over there," said the photographer, pointing to an object at my right, "a profile——." "Oh, yes, yes," said Miss B——, instantly following the suggestion by assuming a pose in which she looked more charming than ever. I watched, I wondered, the camera clicked. As Miss B—— walked away, I carefully studied her features, her lips, her eyes, her nose——. "She has the most beautiful nose I have ever seen," I said, half audibly. "Yes, but I remember," said Miss B——'s Maid, who was standing near me, "when she had a 'pug' nose, and she was only an extra girl, but look at her now. How beautiful she is."

IN a flash my hopes soared. I pressed my new-made acquaintance for further comment. Gradually the story was unfolded to me. Miss B—— had had her nose reshaped—yes, actually corrected—actually made over, and how wonderful, how beautiful it was now. This change perhaps had been the turning point in her career! It must also be the way of my success! "How did she accomplish it?" I asked feverishly of my friend. I was informed that M. Trilety, a face specialist of Binghamton, New York, had accomplished this for Miss B—— in the privacy of her home!

I THANKED my informant and turned back to my home, determined that the means of overcoming the obstacle that had hindered my progress was now open for me. I was bubbling over with hope and joy. I lost no time in writing M. Trilety for information. I received full particulars. The treatment was so simple, the cost so reasonable, that I decided to purchase it at once. I did. I could hardly wait to begin treatment. At last it arrived. To make my story short—in five weeks my nose was corrected and I easily secured a regular position with a producing company. I am now climbing fast—and I am happy.

ATTENTION to your personal appearance is nowadays essential if you expect to succeed in life. You must "look your best" at all times. Your nose may be a hump, a hook, a pug, flat, long, pointed, broken, but the appliance of M. Trilety can correct it. His latest and newest nose shaper, "TRADOS," Model 25, U. S. Patent, with six adjustable pressure regulators and made of light polished metal, corrects now ill-shaped noses without operation, quickly, safely and permanently (diseased cases excepted). Is pleasant and does not interfere with one's daily occupation, being worn at night.

CLIP the coupon below, insert your name and address plainly, and send it today to M. Trilety, Binghamton, N. Y., for the free booklet which tells you how to correct ill-shaped noses. Your money refunded if you are not satisfied, is his guaranty.

M. TRILETY,
1812 Ackerman Bldg., Binghamton, N. Y.

Dear Sir: Please send me without obligation your booklet which tells how to correct ill-shaped noses.

Name.....

Street Address.....

Town.....

State.....

Also For Sale at Riker-Hegeman, Liggett's, and other First Class Drug Stores.

(*Continued from page* 102)

sacred privacy of the body, devoid of the shame whose blatancy indicates too unmistakably that there is something to be ashamed of. A Greek youth, or a Greek maiden, for instance, wore clothing—plenty of it; but when they bathed, or played active games, as they did constantly, nakedness was appropriate and convenient, and it occasioned no shame. In that sense the clothing of the Greeks, as shown in their art, interpreted many of the finest and noblest impulses of that fine and noble race. Perhaps our clothing may, in a different way, do the same thing—tomorrow.

Bright colors and delicate fabrics, worn by men and women when leisure made their use appropriate, would be a spiritual help. Women wear such fabrics and colors now, not always appropriately, and often in bizarre artificial designs that lack beauty. But even at that, the charm of these things has a great influence on the lives of all of us.

Alternation between work and repose, between work and play, is the order of every sane life; but at present we have so little of repose that the inducement to symbolize it rightly in our clothes is very slight. Certainly there is little or no consideration of beauty in the present clothing of men, though there is much admirable utility. When we get past the growing pains of our brick and mortar period of development, we may come to a certain amount of purple and fine linen, even for men. "Wherever you can rest," says Ruskin, "there decorate; where rest is forbidden, so is beauty. You must not mix ornament with business any more than you may mix play. Work first, then rest. Work first, then gaze, but do not use golden ploughshares, nor bind ledgers with enamel. Do not thrash with sculptured flails, nor put basreliefs on millstones."

We shall always have and need clothing because clothing is an aesthetic contribution to the natural beauty of the body, like a freize or other ornament on a building. Line and color, adapted to the natural lines and movements of the body, these are the fundamental reasons for wearing beautiful clothing. This the Greeks understood; and we, in time, shall also understand it.

In "Our Unseen Guest," a book purporting to record certain communications from the spirit world, a newly arrived spirit, recognizing a former earth acquaintance, is represented as exclaiming, "Your body is draped in colors. All the other persons whom I see are draped in colors, but each is dressed differently. According to their wishes, you say? Oh yes, according to their thoughts—I understand. It is their thoughts that clothe them." That strikes me as capital, whether it's authentic or not. It is a reasonable answer to the question," What do we earth spirits wear?"—For that's what we are, Clothed Spirits.

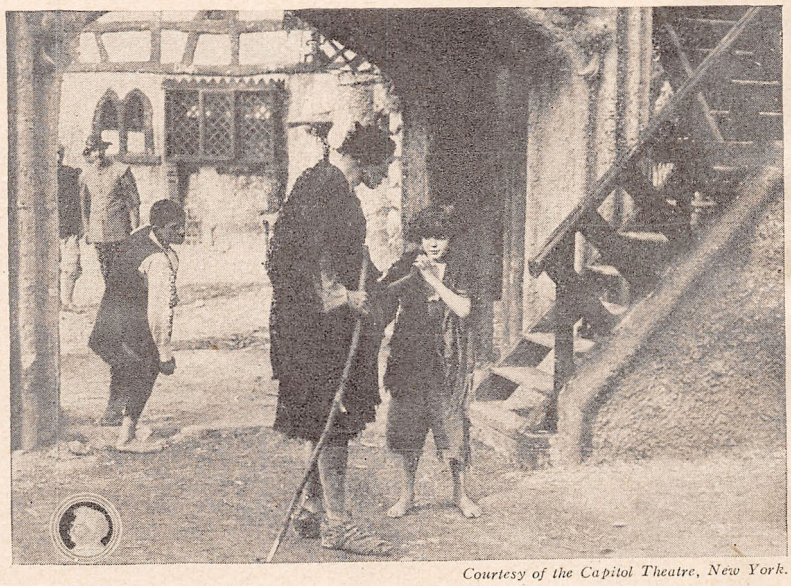
Can We Cure Disease by Vibrations

(*Continued from page* 32)

after "Icthyol works" sprang up in Germany and elsewhere, "the medical journals were filled with solemn treatises extolling its virtues, and recommending it for everything from mumps, measles and eczema, to tuberculosis and typhoid fever!"

Dr. De Kruif deplores the fact that in this matter of drug imposition," doctors in general are just as gullible as laymen;" and he excuses the druggists for enacting "the passive role of distributors, and *giving doctors and the public what they want*," by saying, "if they took up the banners of reform, they would go on the rocks financially!" He doesn't tell us what would happen to the doctors if they gave up their "gullibility," but he issues a rallying call to them in conclusion in language charged with burning devotion to "the cause": "The medical profession just now," says Dr. De Kruif, "is under fire from a pack of quacks and rogues. *It knows that its use to the nation is great* (need I claim these italics?), and that the Camorra of chiropractors, faith-healers, and quackish rascals, are parasites on our citizens. But its battle against *cults and 'isms'* and quackery could be waged more strongly were the profession to clean its own house."

It is comforting, of course, to be assured that the medical profession "knows its great use to the nation," but like so much of its profound knowledge, it hasn't much practical significance for us; we don't seem to be able somehow to translate any of it into *actual benefits*. If with all its accumulation of scientific knowledge—inherited and acquired—the medical profession is still unable to prevent, cure, or even correctly name disease—according to its own expert witnesses; and since—as now appears upon the same testimony—it cannot protect us from being poisoned and swindled by conscienceless drug-mongers, because of some inherent "gullibility"—against which we had always supposed *superior knowledge* provided a special safe-guard; then, argues this stupid lay intelligence, we can't figure out the particular helpful role which the medical profession plays in the community. "Ah but"— say its defenders and champions—"it protects us against the *quacks*, and those mischievous, predatory *cults*, which lurk at every corner to pounce upon the unwary, unsuspecting layman." To be sure! The medical fraternity protects us from the quacks. How stupid of us to forget that great benefit! If you doubt this, you have only to scan the pages of its "official organ"—the Journal of the A. M. A., to see how mercilessly the medical sleuths hunt down and ferret out their feeble imitators and humble competitors—the patent-medicine men, and hold them up to scorn in the columns of the "Propaganda for Reform!"



Courtesy of the Capitol Theatre, New York.

If the Prince of Wales swapped clothes with a beggar

SUPPOSE tomorrow morning should find the most popular Prince in English history in rags on a park bench.

Would he be spared the surly "Move on, you!" of the vigilant patrolman? Would the loiterer beside him believe his story?

You yourself, walking by—would you recognize him?

That is the theme of a remarkable story—the fascinating adventures of the heir to the English throne who changed places with a squalid urchin of the streets. There is no other story like it in the language. There is no other writer who could have told it as it is told by Mark Twain.

As far back as you can remember you have heard of Mark Twain as a story-teller. You have doubtless read many of his imperishable works.

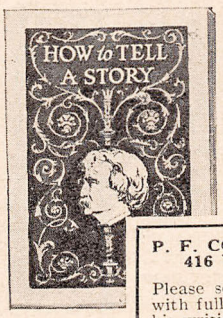
But do you know the wide range of his writings? Do you know that Mark Twain, associated in everybody's mind as a humorous writer, was the author of as sublimely beautiful English as has ever been penned?

A free book has been printed for lovers of Mark Twain and those who wish to know the

Author's National Edition
of the works of
MARK TWAIN

It tells little known facts concerning the life and works of America's most versatile writer, and describes the new complete uniform edition of Mark Twain. The coupon below will bring the booklet without obligation to any reader of this magazine who is interested.

This is the only complete uniform edition of Mark Twain's writings. Originally published by Harper & Brothers, it was taken over by P. F. Collier & Son Company upon the merging of the subscription book business of the two publishing houses.



Here, in the complete works of Mark Twain, you join "Huck" Finn and Tom Sawyer in their boyish pranks—you live the quaint life of steamboat days and the Far West—you see foreign lands and people through the eye of the master humorist—you thrill to every wholesome human emotion with Mark Twain's stories at hand.

Mark Twain's versatile mind gave to the world a perfectly balanced library of humor, adventure, philosophy and inspiration.

You should at least know something about this famous author's works. The free booklet tells. Send for it today.

Send for this Free Booklet

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416 West Thirteenth Street, New York

Please send me the free booklet about Mark Twain together with full particulars as to how I may procure a complete set of his writings by small monthly payments.

Name .....
WRITE PLAINLY, PLEASE

Address .....

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Occupation .....

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The publishers cannot undertake to send this booklet free to children.

Styles You Will Want to Wear

Did you ever stop to think how many more pretty clothes you could have if you made them yourself? This is an easy thing to do with the beautifully simple rational types of clothing that are fashioned today. By using Womanhood Patterns you can be sure of being both becomingly and smartly dressed, and both preserve and enhance the grace of your natural lines.

If you need a new dress—was there ever a time a woman did not?—suppose you try making it yourself by the aid of one of our Womanhood Patterns, or start with a little frock for one of the children or a cunning set of winter pajamas for the little shaver. You won't find it hard. You are sure to enjoy the work. Just think of the money you will save.

A few of the smart styles from the Fashion Department of Beautiful Womanhood are shown on this page.

All Womanhood Patterns 15 cents each. Order from Macfadden Publications, Inc., Pattern Department, No. 41, 119 West 40th St., New York City.

1533—This is one of the smartest of the new straight line styles for the winter. Made in brown woolen with a herring-bone stripe of tan it gives height to the short woman and an attractive appearance of slenderness to the stout figure. The round collar and vest effect are of tan satin bound with Harding blue, with the fashionable string tie, cuff facings, tops of pockets, of the same material. 36, 38, 40 and 42 inches bust measure. Size 36 requires 3½ yards 36-inch material, with ½ yard 36-inch contrasting.

1564 — This is the very latest style idea showing one of the new straight line beltless dresses with skirt portion draped at the side. It is held in a little at the waist line and blouses slightly at the back. The neck is completed by one of the latest round collars. Black satin Canton was used to make the dress shown in this illustration. 34, 36, 38, 40, 42 inches bust measure. Size 36 requires 4½ yards of 36-inch material.

1255

1532—Bright red Poiret twill with worsted embroidery on the rather broad belt and band around the boat-shaped neck gives a most effective touch to this smart frock which is ideal for the youthful figure. The raglan sleeves are exceedingly graceful and give style to the costume. This pattern can be appropriately used for any light woolen or silk fabric or even velvet, velveteen, or light weight corduroy. 16 years, and 36 to 42 inches bust measure. Size 36 requires 3½ yards of 40-inch material.

1517—Could anything be more fetching for a young girl than this frock, especially if made of serge or cashmere and embroidered in bright colors? It is also possible, at times, to pick up dress lengths of twill or serge in the shops already embroidered, and thus save that much time and energy. 14, 16, 18, 20 years. Size 16 requires 3 yards of 40-inch material.

1255—Every little shaver needs a set of these pajamas if his comfort is considered. Made of flannelette for winter wear, they form an absolute protection from cold, no matter how frequently he kicks off the bed covers. 2, 4, 6, 8, 10 and 12 years. Size 8 requires 2⅝ yards 36-inch material.

1562—Some of the best fashion ideas of the season are embodied in this pretty dress. The skirt has the graceful side draping that hangs a little below the hem. The model shown is of dark blue crepe with upper part of sleeve and drapery trimmed with gay peasant embroidery in reds, blues and a touch of light green. 16 years, 36, 38, 40 and 42 inches bust measure. Size 36 requires 3 yards 40-inch material, with 3¾ yards banding. Transfer pattern No. 604—in yellow only—15c extra.

But all these petty offenders, together with the manipulative, physical, and psychic "cults," sink into insignificance when a capital offender like Dr. Abrams of San Francisco, looms into view. Extra space and inquisitorial finesse are devoted to the exposition of his crimes; and in the March, April and June issues of the "Journal," the Reform Propagandists—with the vindictiveness of the Thin Woman toward her husband in Stephens's "Crock of Gold"—have done their utmost to "hold him up to the blushes of eternity!" The excuse put forward in the preamble for publishing all this "informative material" about Dr. Abrams and his new discovery, is that the Prop. for Reform Department had received many letters of inquiry from physicians, begging for more light on the subject. Some of these letters are quoted, and for the benefit of the lay public who may not read the "Journal," yet who may be interested to note the attitude and tone of members of the A. M. A. toward a respected confrere—who is threatening their "food preserves"—I will reproduce a few of them here:

An Ohio doctor writes, "Please give me some information concerning Dr. Abrams and his diagnostic and therapeutic devices known as reflexaphore and oscilloclast. If this is published, *please withhold my name.*" (This sounds like typical M. D. courage.)

From Massachusetts a "worried" M. D. asks: "Can you give me any information concerning Dr. (?) San Francisco, California, who reports himself able to diagnose syphilis from a drop of blood sent him on blotting paper? He has caused a patient of mine a great deal of needless worry." (And no doubt caused the doctor more worry than the patient.)

This from a R. I. physician, is what the editor of the Prop. for Reform Dept. calls a "facetious" communication: "I am interested to know of the 'Reactions of Abrams.' Have you any information regarding this matter? They apparently do wonderful things in the West." (This may be perfectly good facetiae from the medical viewpoint, but to us it carries a flavor of sectional Eastern jealousy.)

We sense a jealous note also in this from a New York M. D.: "To-day I had occasion to see a patient who said he had had an Abrams test for gonorrheal infection, and expressed a wish for the Abrams treatment. Could you enlighten me as to what this is? I thought I'd kept myself up to date as to all new tests and treatments in my line, but evidently I have been delinquent." (Very likely.)

Replying to all these medical seekers after Abrams truth, the Reform Propagandists of the A. M. A. list after Dr. Abrams' name his various degrees—A. M., M. D., LL.D., F. R. M. S.; and the high points in his work—"Spondylotherapy," "Electronic Reactions," the "Oscilloclast," and the "Electro-bioscope"; the last named apparently for

(*Continued on page* 108)

See How Easily You Can Learn to Dance This *New Way*

If you can do the step illustrated in the chart on the right, there is no reason why you cannot easily and quickly master all of the latest steps through Arthur Murray's method of teaching dancing right in your own home.

NO matter how skeptical you may be about being able to learn to dance by mail, this new course will quickly prove to you that you can easily learn without a teacher on the ground to direct your steps—and without music or partner—right at home.

Even if you don't know one dance step from another, these new diagrams and simple instructions will enable you to learn any of the newest dances in an amazingly short time. You don't need to leave your own room—it isn't necessary to go into a dancing class—or to pay large fees for private instruction. All you need to do is to follow the instructions as shown on the diagrams, practice the steps a few times to fix them in your memory and there is no reason why you should not be able to dance on any floor, to either band or phonograph music and to lead, follow, and balance correctly no matter how expert your partner may be.

Learn Any Dance in a Few Hours

Whether you want to learn the Fox Trot, One Step, College Rock, Conversation Walk, Waltz, or any of the newer steps you won't have the slightest difficulty in doing so through this new method. Then, the very next time dancing starts, you can surprise your friends by choosing a partner and stepping right out with perfect confidence that every step you make and every movement is absolutely correct. Arthur Murray guarantees to teach you or your lessons won't cost you one cent.

More than 60,000 people have learned to become perfect dancers by mail and there is no reason why 60,000 more cannot learn just as easily. In fact, about five thousand people a month are becoming wonderful dancers through Arthur Murray's amazing new method.

Good dancers are always the most popular people in their set—they never lack partners and are invited to every social event because dancing is the most popular form of recreation, and good dancers are always in demand. But besides this, good dancers always have perfect mental and physical control, ease of manner, poise, are never embarrassed, shy or timid. Very often they meet influential people in this social way who are very helpful to them in business.

How to Prove That Arthur Murray Can Teach You to Dance in an Evening

Arthur Murray has consented, for a limited time only, to send a special 16-lesson course to every one who signs and returns the coupon attached to this page.

You may keep this course for five days and test it for yourself. It must prove to you that you can quickly learn to dance in your own home without music or partner through Arthur Murray's methods or the test will cost you nothing.

Arthur Murray is America's foremost authority on social dancing. The Vanderbilts, Ex-Governor Locke Craig of North Carolina, and scores of other socially prominent people chose Mr. Murray as their dancing instructor. In fact, dancing teachers the world over have been instructed by him.

Through his new, improved method of dancing by mail, Mr. Murray will give you the same high-class instruction in your own home that you would receive if you took private lessons in his studio and paid his regular fee of $10.00 per lesson.

Satisfied Students Praise the Course

Let me say that your chart system explains many things to me which other teachers could not make clear.
Wm. S. Meyerfield,
Ann Harbor, Mich.

I practiced yesterday and learned the Fox Trot through the night. Tonight I danced a number of times with a good dancer to the music of a phonograph and had no trouble in leading or balance.
J. N. Mealy,
Flatwood, W. Va.

I am getting along very nicely with the instructions. I have so many pupils I have to have a larger place.
Albert J. Delaney,
Bay City, Mich.

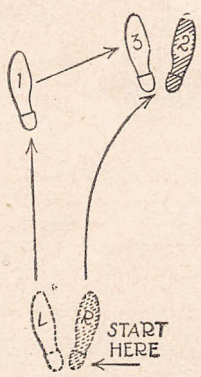
Before I got your lessons I couldn't dance a step, but now I go to dances and have a good time, like the rest of them. I'll always be thankful that I have taken your course.
Beggi Thorgerison,
Ethridge, Mont.

Many other enthusiastic letters have been received. If interested send for special leaflet reprinting them.

FIRST PART of the Forward Waltz Step

1. Begin with left foot and step directly forward, weight on left foot.
2. Step diagonally forward to right, placing weight on right foot (see illustration).
3. Draw left foot up to right foot, weight on left.

That's all. Simply follow the number in the footprints. Master this part before going further.



DO YOU KNOW

- The Correct Dancing Position
- How To Gain Confidence
- How To Follow Successfully
- How To Avoid Embarrassing Mistakes
- The Art of Making Your Feet Look Attractive
- The Correct Walk in The Fox Trot
- The Basic Principles in Waltzing
- How to Waltz Backward
- The Secret of Leading
- The Chasse in the Fox Trot
- The Forward Waltz Step
- How to Leave One Partner to Dance with Another
- How to Learn and Also Teach Your Child to Dance
- What the Advanced Dancer Should Know
- How to Develop Your Sense of Rhythm
- Etiquette of the Ballroom

Send No Money—Not One Cent

Mr. Murray is eager to prove to you that he can quickly teach you to become a good dancer in your own home. Just fill in and mail the coupon—or a letter or postcard will do—and the special course will be promptly mailed to you. When your postman hands the special sixteen-lesson course to you, simply deposit only $1.00 with him, plus a few cents postage, in full payment. Keep the course for five days. Practice all of the steps, learn everything these sixteen lessons can teach you and prove to your full satisfaction that you have found the quickest, easiest, and most delightful way to learn to dance. Then, within five days, if you desire, you may return the course and your dollar will be promptly returned to you. But if you decide to keep the course—as you surely will—it becomes your personal property without further payments of any kind.

To take advantage of this offer, you must send the coupon today—offer may be withdrawn without notice. So mail the couponNOW.

Arthur Murray, Studio 464 100 Fifth Avenue, N. Y.

16 - LESSON COURSE ONLY $1.00

Arthur Murray, Studio 464, 100 Fifth Ave., New York

To prove that I can learn to dance at home in one evening, you may send the sixteen-lesson course and when my postman hands it to me I will deposit with him only $1.00, plus the few cents postage, in full payment. If, within five days, I decide to do so I may return the course and you will refund my money without question.

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Address.....

City..... State.....

If apt to be out when postman calls you may send the dollar now and we will pay postage. (Price outside U. S., $1.10 cash with order.)

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New Liquid Discovery Quickly Gives You a Wealth of Soft, Glistening Curly Hair.

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This new liquid makes your hair fall in soft, fluffy waves and silky curls. It adds a wonderful new charm, youthfulness and beauty to your appearance No fuss—no bother. Simply moisten the hair with a few drops of this wonderful new liquid, called Domino Curling Fluid. One application will keep your hair wavy and in curl usually for a week or more. Why ruin your hair with hot irons, or pay big fees to hair-dressers? Try this new harmless method, and see if your friends aren't amazed at the wonderful improvement in your appearance.

Send No Money

The regular price of Domino Curling Fluid is $2.50 a bottle. But on this special introductory offer we will send you a full size bottle for only $1.45, plus a few cents postage. Send no money—just the coupon. Pay the postman on arrival. Then, if not perfectly satisfied with results, simply return it and your money will be instantly refunded. Mail coupon now, before this special offer is withdrawn.

Domino House, 269 S. Ninth St., Dept. C-2211, Philadelphia, Pa.

Please send me one $2.50 bottle of Domino Curling Fluid. When the postman hands it to me, I will pay him only $1.45, plus a few cents postage (in full payment). If for any reason I am not satisfied I will return it within five days and you agree to promptly refund my money.

Name .....

Address .....

City ..... State .....

If you wish you may send cash with coupon and save the postage.

Price outside U. S. $1.60 cash with order.

(*Continued from page* 106)

purposes of derision. They then note that "he is a member of his local medical society, *and through that holds fellowship in the A. M. A.*"—politely ignoring all his other titles and honorary positions. (New York papers last Spring carried a news dispatch to the effect that Abrams had resigned from the A. M. A., following its attack upon him.) The Reformers relate that "Dr. Abrams has written voluminously," and concede him the very doubtful honor—in their view—of being the originator of Spondylotherapy, (Gr. *Spondylos*, vertebra, and *therapeia*, treatment), quoting in connection therewith the extract from *their review* of his book on the subject published in 1910: "One wonders whether this is an attempt to explain Osteopathy and Chiropractic to the understanding of the regular practitioner; or to exploit the very ingenious devices of the author; or whether it is really true that medical men know practically nothing about the cure of disease through treatment of the spine. Let us hope that it is the latter, and that a careful study of this unique volume may open new avenues of therapy heretofore undreamed of."

It is quite evident that the concluding lines of this "review" were meant to be deeply sarcastic; and the Abrams publisher may be pardoned, we think, for turning it against the reviewers by isolating the latter part and running it as "a straight ad" for the book; although the A. M. A. critics complain bitterly of the bad faith in the "garbled quotation." And they "wondered if the book were an attempt to explain Osteopathy and Chiropractic to the regular practitioner!" But for the fact that the medical profession spends most of its time "wondering" and deliberating—while their patients languish and die—we might wonder why the A. M. A. reviewers of Abrams' work on Spondylotherapy should seek to make a mystery of what the author himself makes a frank acknowledgment in the preface, namely, that *the book was designed to furnish a scientific explanation of the good results obtained in Chiropractic and Osteopathic practice.* And Abrams warns his medical colleagues: "Neither the fury of tongue nor the truculence of pen can gainsay the confidence which these systems of practice have inspired in the community. . . . Right or wrong in their theory, they are, in vulgar parlance, 'delivering the goods.' Spondylotherapy was a product of necessity—the translation of an ignored field of medicine from a chaotic, to a scientific basis."

This particular field of spinal therapeutics developed by Abrams which he called "spondylotherapy," is a system of visceral reflexes obtained by manipulation or percussion of the vertebrae, and rests on the principle that practically every organ of the body has governing centers in the spinal cord, and when these centers are stimulated by palpation, manipula-

(*Continued on page* 110)

Elizabeth Towne

A new made man

"I followed 'How to Wake the Solar Plexus' and instead of a broken down nervous wreck I am today a new made man. Feeling like when I was a boy of twenty."—C. R., San Francisco.

Elizabeth Towne wrote a unique little New Thought booklet called "JUST HOW TO WAKE THE SOLAR PLEXUS." It met with immediate favor and over 200,000 have been sold.

ELLA WHEELER WILCOX was among those attracted by it. Mrs. Wilcox gave the book a flattering review notice, in which she said:

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This odd little book contains deep breathing exercises of special value. It teaches that the Solar Plexus is a center or storehouse of power and energy that can be radiated to the whole body.

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English Scientist Causes New Sensation

Deluge of Applications Follows His Latest Offer Which is to Beautify any Skin in Forty Minutes or Accept No Payment for His Services

WHAT woman has not read of McGowan's clay discovery, and how the discovery has solved for all time every complexion problem? A new skin in forty minutes! Perfect texture, full natural color restored in less than an hour! It all seems too good to be true, but here is your chance to prove it for yourself; read his offer of free proof.

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Here is this young scientist's answer to the scores who have sought an interview at his offices, and to the deluge of questions pouring in by mail—"Will terradermalax work on *my* skin?—Do you guarantee results?" etc. The laboratory in Chicago where this remarkable clay is compounded has issued this invitation:

Don't call, or write questions, but merely make known your wish to make your own test of terradermalax. A full-sized jar will be forwarded at once. The trial will carry no obligation. You will not be urged to buy it. If amazed with the new, satiny texture of your skin, and the full and lasting natural color—from just one application—the generous jar is yours to keep only for the bare cost of compounding and placing in your hands. If you are *not* delighted with results, the trial will not cost you anything.

Such an offer is, of course, nothing more or less than an out-and-out guarantee to make any human skin beautiful. Surely this riskless opportunity to experience the benefits of genuine English complexion clay is worth the momentary effort of filling-out and sending-in the convenient coupon provided on this page.

M. J. McGOWAN, WHOSE DISCOVERY OF ONLY LAST WINTER HAS ALREADY CAUSED QUARTER OF A MILLION WOMEN TO BE GRATEFUL FOR NEW, NATURAL COMPLEXIONS. HIS METHOD OF LAXATING THE SKIN IS RAPIDLY SUPPLANTING LESS SCIENTIFIC EFFORTS TO BANISH BLEMISHES

Your Skin Made Beautiful or You Don't Pay a Penny!

Nothing but the actual application of Terra-derma-lax can reveal its peculiar powers, so I have decided to let you make your own dressing-table test, and see for yourself the big changes brought about *before you agree to pay one cent for the service.*

Let me have your name and address, and my laboratory will forward this big jar of freshly-compounded Terra-derma-lax by return mail. Promise to use it just *once!* Unless it brings a really beautiful skin-texture—enamel-smooth and colorful—don't keep it.

M. J. McGowan

Beauty While You Wait

Terra-derma-lax is an English clay, of potent power. Its action is almost instantaneous. Spread it—and forget it. Inside of ten minutes you fairly feel the purging, purifying action in every pore. It is *not* a mere surface-stimulant; the new color *lasts*. So, take five days to convince yourself beyond doubt. This offer is my answer to those who have asked if science really can restore the brightness and bloom of youth.

This is a free test. I ask as evidence of good faith only the deposit of $1.88 and postage which the mailman will accept when he delivers the jar. This is to be regarded as a deposit—nothing else. Every penny of this small sum will be returned you if you are willing to part with the full, five-dollar jar sent you. If you keep it, this first jar becomes your property without any further payment. Just use the coupon below.

FREE—$5 JAR TRIAL

Dermatological Laboratories, 329 Plymouth Place, Chicago

Please send full sized jar of Terra-derma-lax for five day FREE trial. I will deposit $1.88 (plus postage) with the postman, as payment in full for the clay in case I decide to keep it. If the trial does not delight me with results, my full deposit to be returned.

(212)

*Name*_____

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If you expect to be out when postman calls, you may enclose $2 as your deposit, and your jar will come prepaid, with the same guarantee.

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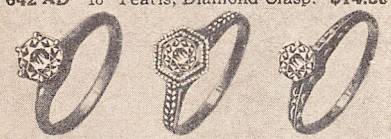
642 AD—18″ Pearls, Diamond Clasp. $14.50



643AD—Premier diamond Ring. $95.00

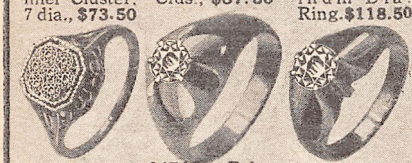
645AD Hexagon diamond Ring. $55.00

644 AD—Engraved, Diamond $37.50

649AD—Premier Cluster, 7 dia., $73.50

650AD—7 dia. Clus., $87.50

651AD—Platinum Dia. Ring. $118.50



653AD—W. G. Cluster, Dia., $59.50

647AD—BelcherDia. Ring $80.00

654AD—Blue-white Dia. Rg., $110.00

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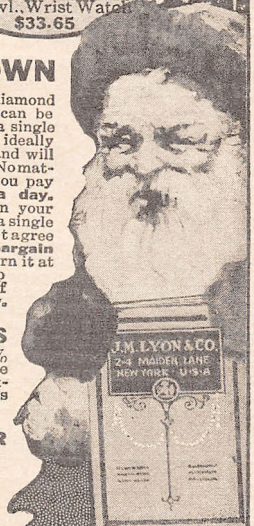

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(*Continued from page* 108)

tion, or percussion, the organs can be made to contract or dilate. Abrams devoted many years of his life to painstaking experiments and study of these reflexes in clinical observation, using not only his hands but certain mechanical devices in his experiments. He further describes "this phase of medicine, as *clinical physiology*," in contradistinction to *laboratory physiology*, making the human, instead of the animal, physiology the basis of his calculations; and he declares "the excitation of the functional centers of the spinal cord by different methods, may be executed and demonstrated with the same certainty in the living subject, as is done by *the vivisectional experimentalist*,"—and this at least, we think, should claim the attention of the anti-vivisectionists!

Before the "Abrams' Reflexes"—as they were called, became associated in the medical mind with the despised systems of Osteopathy and Chiropractic, many "regular" practitioners made use of them in their work to good effect; and it was his own finely trained and acute perception of these visceral nerve reflexes, which enabled Abrams to develop his latest method of diagnosis and treatment known as "ERA"—the "Electronic Reactions of Abrams," after other physical scientists—Prof. Thomson and Sir Wm. Bragg (England), Prof. Millikan (University of Chicago), and others, had demonstrated that the ultimate particle of matter is not the atom, but the electron, many million times smaller than the atom.

Since it is with great difficulty that the non-scientific mind is able to follow the activities of *the atom*, we shall not attempt to keep very close tab in its infinitesimal component parts—the electrons, as they whirl in perpetual motion inside the atoms, giving off radio-activity in their whirlings, according to the latest scientific advices. We are content to accept the scientific findings in so far as they may be vindicated by *practical results of proven benefit to the human race.*

This earnest and energetic investigator, Dr. Albert Abrams of San Francisco, claims to have discovered a method for catching and measuring the radio-activity of electrons in a way to determine the different "vibration rates" of disease germs and tissues; and with the aid of certain electrical appliances, notably the "rheostat"—a contrivance of his own devising for registering the vibrations, an electrode, and a human "subject," to be able to diagnose the disease from a few drops of the patient's blood on a piece of blotting paper, which is enclosed in a small box electrically connected with the rheostat, which is in turn connected with the body of the "subject" by means of the electrode. By means of another electrical device, called the "oscilloclast," Abrams claims to generate the *same vibration rate* as that yielded by the dis-

(*Continued on page* 112)

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Daytime or evening, **Lam-Té** defies detection—will not streak. It is not only an astringent, bleach, and lotion protecting your skin from tan, sunburn and freckles, but is antiseptic and healing and positively prevents blackheads.

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Kindly send me large size **Lam-Té** powder, flesh or cream-white (checking one wanted) for which I enclose $1, complete payment or will pay postman on delivery of same.

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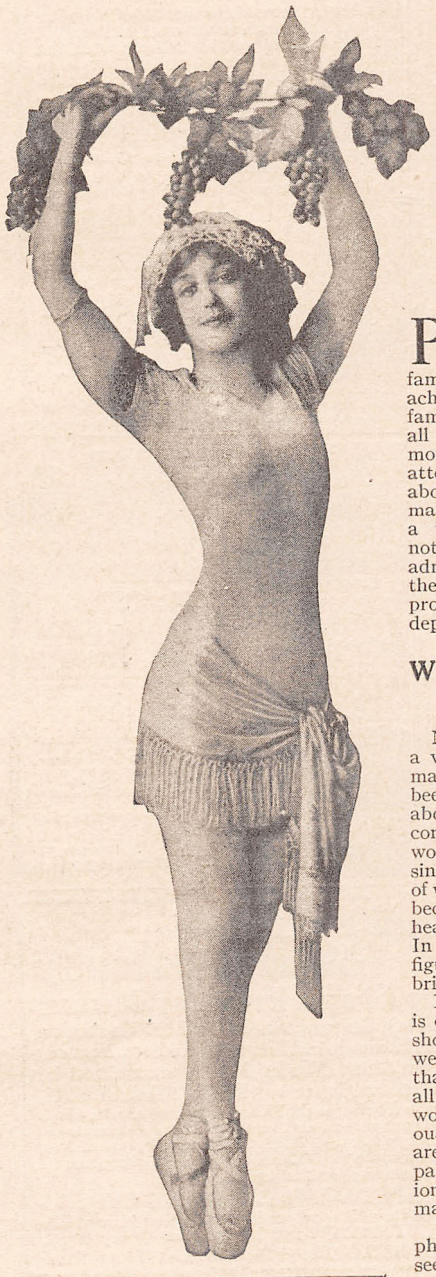
My method is the way to remove permanently and prevent the hair from growing again. Easy, painless, harmless. No scars. Booklet free. Write today, enclosing 3 stamps. We teach beauty culture.

D. J. Mahler, 431-X, Mahler Park, Providence, R. I.

How Annette Kellermann Has Brought Glorious Health and Beauty to Thousands of Tired, Sickly Women!



From a puny underdeveloped girl, Annette Kellermann transformed herself into the "Most Perfect Woman in the World," achieving world-wide fame through the superb perfection of her body, and starring in the photoplay success "A Daughter of the Gods." By the same methods that brought this amazing change in her own case, Miss Kellermann has given thousands of other women undreamed-of health and beauty. Read here her remarkable offer to *prove* in 10 days that she can give any woman perfect health and a perfect figure.

By ANNETTE KELLERMANN

PEOPLE call me the Perfect Woman. My physical proportions have won for me a world-wide reputation. With this claim to fame—the development of my body—I have achieved a distinction that has made my name familiar to almost every man, woman and child all over the world. I have had more than my share of public attention; I have been written about in the newspapers and magazines. And the rewards of a well-proportioned figure have not been confined to words of admiration. Offers to appear on the stage and in the "movies" have provided the key to financial independence.

Why Do So Few Have Perfect Figures?

Now you may think I must be a very conceited and foolish woman. But believe me, I have not been prompted by vanity to write about myself in this way. On the contrary, I have never ceased to wonder why I should have been singled out from the whole world of women for such eminence simply because I possessed a normal, healthy, well-proportioned body. In other words, why is a perfect figure such a rarity that it should bring world-wide fame?

My body is only NATURAL, it is only what every woman's body should be—and *could* be, if she were so minded. That is the thing that puzzles me. I see women of all types and conditions. I see women burdened with dangerous, unsightly flesh, women who are thin and drawn, women with pale, sallow, blemished complexions; women with wrinkled, prematurely aged faces.

I am constantly amazed at the physical deficiencies of women. It seems as if not one in a hundred enjoys even moderately good health. There is endless suffering, endless ill-health. Worn-out, tired-out, listless women!

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"I have lost my high stomach and large hips."—B.M.C.

"I don't have headaches the way I used to and there is such a change in my figure, which used to weigh 203 lbs." —Mrs. G. F. F.

"I notice a decided improvement in every way—weight, vitality, appetite, digestion, chest and bust development, everything."—Miss A. D.

"I notice an improvement in my catarrh already."—Mrs. E. B. C.

"Indigestion is a thing of the past and everything I eat I thoroughly enjoy."—Miss C. K.

"Best of all, I am growing away from the skinny type. I have gained just 16½ pounds in two months."—Mrs. A. R. D.

"I cannot tell you what a relief it is to be free from the eternal and relentless pain. I only wish that other women who suffer from female weakness could know of my experience and thus get relief for themselves."—E. H. A.

"My chest and bust have increased nearly three inches." —Miss E. L. B.

"My nerves are a thousand times better—my complexion is better. I am firmer now where I used to be soft, and I have lost sixteen lbs., much to my delight, for I now weigh 130 lbs."—Mrs. O.L.M.

What My Methods Will Do for Women

Yet if these women would devote only fifteen, or even five minutes a day to their health and beauty, *in the right way*, they could enjoy health just as glowing and radiant as they wish, and a figure just as perfectly formed as they want to have it.

I say this absolutely and without reservation. I myself am the proof of my statement, for in my earlier years I had anything but a perfect figure, anything but good health. It seems as if nothing short of magic could have made such a change in my health and appearance. Yet the methods I used are so simple, so easy and so effective that they have brought about changes equally astonishing in thousands of other women. I wish you could read the letters I have received from these women. I wish you could realize the supreme happiness that has come into their lives as they found themselves freed from conditions that had been ruining their health, ruining their beauty, causing them endless misery and suffering. Only a few of these thousands of letters are shown here.

Will you believe me when I say that such letters give me more genuine pleasure than all the personal admiration I have received? But I want *more* such letters—I want to help thousands of more women—I want to give everyone possible the benefit of my methods.

And in order to do this I have decided to make an exceptional offer—an offer so liberal that any woman can take advantage of it. It makes no difference what condition now mars her health or beauty; whether her complexion is unsightly; whether she is too stout, or anaemic, run-down; troubled with indigestion, with headaches, nervousness, whether she suffers with weakness, pains in back, or other troubles not due to organic disease.

Will You Let Me Prove This To You?

This, then, is my invitation to you; simply send me your name and I will explain in full my guaranteed offer to prove in 10 days that I can give you perfect health and a perfect figure. If at the end of ten days you are not more than delighted with the results, you simply discontinue my method. It will not have cost you anything.

But send me your name and address NOW. Use the coupon or a postcard. I will write you in full and send you a copy of my book "The Body Beautiful." This is entirely FREE.

ANNETTE KELLERMANN
Dept. 311, 29 West 34th St., New York City

Accept My Free Invitation Now!

Will you give me 15 minutes a day for 10 days in your own home? I want to prove I can give you perfect health and a perfect figure—a superb form of ideal proportions, with beautifully modelled, graceful limbs; firm, rounded flesh; a complexion clear and radiant with the bloom of natural beauty. I will show you a new joy in living, free from the misery of ill-health, with a new vitality and sparkling energy animating every fiber of your body.

Annette Kellermann,
Dept. 311, 29 West 34th St., New York City.

Dear Miss Kellermann: Kindly tell me, entirely without cost, about your special offer to prove, within 10 days, that you can give me perfect health and a perfect figure. Also send me FREE, your book, "The Body Beautiful."

Name. .....

Address .....

City ..... State .....

Free Proof

That Cooke Trained Men DO Earn $3,500 to $10,000 a Year

Let me send you Free, this big package of "Vital Facts" showing what "Cooke Trained Men" earn, the big opportunities Electricity offers, and how you, too, can earn $3,500 to $10,000 a year. Coupon will bring it Free.

Be a Certificated Electrical Expert

What's Your Future?

It's a shame for you to earn less than $100 a week. You ought to earn more. You can do it too, when you are backed up with my training—the training that makes "Big Pay Men." Don't be content with an ordinary job paying anywhere from $3.00 to $10.00 a day, with no future to speak of. Strike right out—hold the job you've got and prepare for a better one—prepare for the "he man's job" in the $3500 to $10,000 a year class in the greatest profession in the world. I show you the way.

RADIO Course FREE

My new $45.00 Radio Course, just completed given Free when you enroll for the Electrical Course. Two courses for the price of one, 2 great professions open to you.

Electrical Experts; Trained Men are in big demand at the highest salaries ever known. The opportunities for advancement and a big success are unlimited—positively unlimited. The Electrical Industry faces a big shortage of trained men. It needs you and will pay you well.

Today even the ordinary electrician, the screw driver kind, is making money—big money. But it's the trained man—the man who knows the whys and wherefores of Electricity—the Electrical Expert—who is picked out to boss the ordinary electricians—to boss the big jobs—the jobs that pay $70.00 to $200.00 a week. Fit yourself for one of these big jobs—begin NOW.

Age or Lack of Experience No Draw-Back

You don't have to be a College Man; you don't have to be a High School graduate. My course in Electricity is the most simple, thorough, and successful in existence, and offers every man, regardless of age, education, or previous experience, the chance to become, in a very short time, an "Electrical Expert," able to make $70 to $200 a week.

I Give You a REAL TRAINING

As Chief Engineer of the Chicago Engineering Works I know exactly the kind of training a man needs to get the best positions at the highest salaries. Hundreds of my students are now earning $3,500 to $10,000. Many are now successful ELECTRICAL CONTRACTORS.

Your Satisfaction Guaranteed

So sure am I that you can learn Electricity—so sure am I that after studying with me, you too, can get into the "big money" class in electrical work, that I will guarantee under bond to return every single penny paid me in tuition if, when you have finished my course you are not satisfied it was the best investment you ever made.

FREE Electrical Working OUTFIT FREE

I give each student a Splendid Outfit of Electrical Tools, Materials and Measuring Instruments absolutely FREE. I also supply them with Drawing Outfit, examination paper, and many other things that other schools don't furnish. You do the PRACTICAL WORK—AT HOME. You start right in after the first few lessons to WORK AT YOUR PROFESSION in a practical way.

Get Started Now—Mail Coupon

I want to send you my package of "Vital Facts" including Electrical Book and Proof Lessons FREE. These cost you nothing and you'll enjoy them. Make the start today for a bright future in Electricity. Mail the coupon—NOW.

L. L. COOKE, Chief Engineer
CHICAGO ENGINEERING WORKS
Dept. 458, 2150 Lawrence Ave., CHICAGO, ILL.

L. L. COOKE, CHIEF ENGINEER,
CHICAGO ENGINEERING WORKS,
Dept. 458, 2150 Lawrence Ave., Chicago

Dear Sir:—Send at once the "Vital Facts" including Sample Lessons, your Big Book, and full particulars of your Free Outfit and the two Home Study Courses—all fully prepaid, without obligation on my part.

Name .....

Address .....

City ..... State .....

The Cooke Trained Man is the Big Pay Man

(*Continued from page* 110)

ease to be treated, and by *turning it against the disease rate to destroy it*,—much on the old homeopathic principle of administering drugs—"similia similibus curantur."

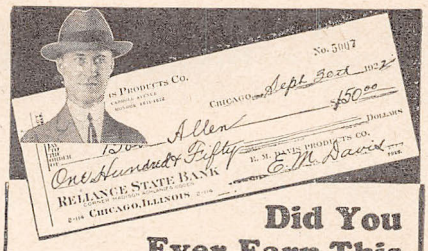
As to the accuracy of the diagnosis based on Electronic Reactions, of which there have been about fifteen thousand to date, there seems to be a number of credible witnesses—both lay and professional—all of whom testify to their being one hundred per cent. accurate. (This in itself is sufficient to arouse the professional wrath of the diagnosticians whose findings register only fifty per cent. accurate, and the acrimony of the "Reform Propagandists" is readily understandable.) The effectiveness of the "oscilloclast" in matching and destroying the disease "vibrations," also appears to have scored some triumphs in a number of reported "cures" in cases treated by it. But as this is true of every therapy ever yet heralded to the world, we refuse to be stampeded into premature enthusiasm as to its curative value.

From all that we can learn about him from disinterested sources, including a study of his own writings, we believe Dr. Abrams endowed with the true spirit of scientific inquiry, which has in it—in its beginnings at least—much of the wholesome curiosity of the child; and we note something of the naïveté of the child in Abrams' thinking his medical colleagues might like to have a scientific explanation of Chiropractic and Osteopathy! The scientific spirit, however, is not necessarily the humanitarian spirit, nor the compassionate spirit—as witness the torture of helpless animals, not to mention human beings, by the "medical scientists." One of Abrams' eulogists describes him as an incarnation of Nietzsche's phrase about "the human soul which hungers for knowledge as the lion for his food"; but who of us would expect compassion from a hungry lion!

Neither is the true scientist more likely to be unselfish and disinterested than ordinary folk, who are not unselfish nor disinterested at all. It need not surprise nor shock any one, therefore, to hear that Dr. Abrams charges good round sums for the clinical courses in his new therapy which he is giving to members of his profession, and for the electrical devices employed in the treatment; nor does that fact in any wise detract from the scientific value of his discoveries. The doctors who are paying for the courses and the instruments will, we may be sure, "get it all back" from their patients, who if they are cured of their ailments will not begrudge the outlay; and if it shall prove as futile for cure as other medical discoveries of the past, they will have the consolation of knowing they have been no worse cheated than usual.

Certain it is, that the number of doctors who will take the Abrams' courses and invest in "oscilloclasts," will be deter-

(*Continued on page* 114)



Did You Ever Earn This Much in ONE Week?

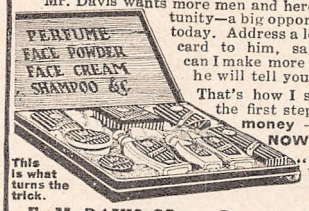
You'd hardly think a box of toilet preparations could put $150.00 in your jeans every week, would you?

Mr. Davis just told me that 300 of his salesmen earn this much and more. I've averaged a whole lot more than this, but of course, I'm a pretty good salesman, even if I do say so myself. But between you and me maybe the

QUEEN QUALITY "NIFTY NINE" OUTFIT

does sell pretty easy. Two years ago I didn't think I could sell $10 gold pieces for a nickel. Neither did anyone else, but I made good and it was easy when I made a real try for money. Now, I have a big, steady trade—my **own** business.

Mr. Davis wants more men and here's an opportunity—a big opportunity. Start today. Address a letter or postcard to him, saying, "How can I make more money?" and he will tell you all about it



This is what turns the trick.

That's how I started. It's the first step toward **big money - SO WRITE NOW.**

"BUSY BOB" ALLEN.

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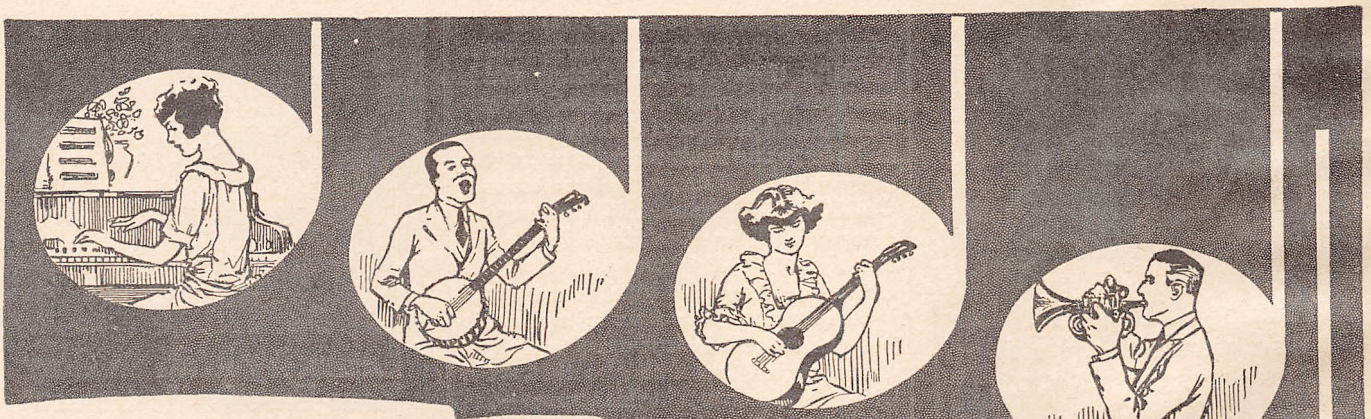

Pick Your Favorite Instrument

—And Play It Three Months from Today

IS it the piano you wish to play, the mandolin, the violin? Do you want to learn how to sing from notes? Are you eager to play "jazz" on the clarinet, the banjo, the saxophone?

Music is largely a matter of knowing notes. When you know the letters of the alphabet, you are able to put them together into words. When you know the notes of music, you are able to put them together into melodies. A new, simple method of teaching music has been devised and perfected, so that now any one can quickly learn how to play a musical instrument right at home without a teacher.

It's simple, fascinating. All the intricacies of music, the difficult, confusing parts, have been eliminated. The playing of melodies has been reduced to a simple, easy-to-understand method which any one can follow with ease. It is a "print-and-picture" method, each step made clear, simple. You don't have to know anything whatever about music, and you don't need to have a great deal of time to spare. From the day you begin, you progress quickly, steadily, surely, and before you realize it you will be playing the instrument you always longed to play!

300,000 Have Already Learned Music This New, Quick Way

The new, simplified way of learning music at home is not a fad or theory. You learn to play the right way *by notes*. Thousands of men, women and children are to-day playing musical instruments, learned at home without a teacher through the remarkable method of the U. S. School of Music.

Why be satisfied to sit quietly and listen to others, when *you* can quickly learn to play the piano, the violin, the mandolin or any other instrument you prefer? Why not be popular yourself, a social favorite? You will be welcomed everywhere. Music will open the door to many wonderful new opportunities. A great many of our students are to-day earning extra money through their musical ability.

It costs you nothing whatever to find out all about the new, simplified method of learning to play. We will be glad to send you, without cost or obligation, our free book, which explains the new method and tells about the special short time offer being made to music lovers. If you are interested in music, if you want to learn how to play the mandolin, the violin, the piano, or any musical instrument whatever, send at once for our free book.

SUCCESS

"Since I've been taking your lessons I've made over $200 with my violin. Your lessons surely are fine."—Melvin Freeland, Macopin, N. J.

"When I started with you I knew nothing about the Cornet or music, but now I can play almost any piece of music."—Kasson Swan, Denmark, Col. Co., Nova Scotia.

"I want to extend the heartiest approval of your Piano Course. It has done more for me than years of other lessons."—Moxie N. Lewis, 319 Jefferson, Neosho, Mo.

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do you want to learn how to play the new, quick way? Courses for beginners or advanced pupils.

Piano	Mandolin
Organ	Drums and Traps
Violin	Harmony and Composition
Banjo	Sight Singing
Clarinet	Ukulele
Flute	Piccolo
Harp	Trombone
Cornet	Saxophone
Cello	
Guitar	

Hawaiian Steel Guitar
Voice and Speech Culture
Automatic Finger Control

Mail Coupon for Free Book

It takes but a minute—yet it may mean a great opportunity for you. Just clip the coupon and mail it—that is all. No money, no obligation. We will send you at once the free book "Music Lessons in Your Own Home," which tells all about the new, simple, "print-and-picture" method of learning to play.

Perhaps you do not have the instrument you want to play. Let us know, and we will supply it—either for cash or on credit. But be sure you send for the free book now.

Please write your name and address very plainly, so that there will be no difficulty about the booklet reaching you.

U. S. SCHOOL OF MUSIC
1811 Brunswick Bldg., New York

U. S. SCHOOL OF MUSIC
1811 Brunswick Bldg., New York City

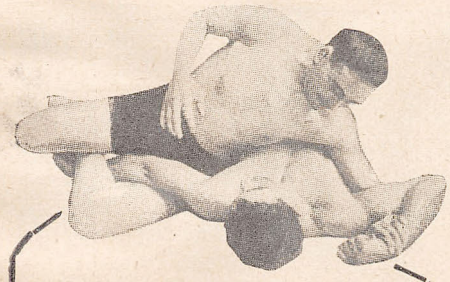
Please send your free book, "Music Lessons in Your Own Home," and particulars of your Special Offer. I am interested in the following course:

.....
(Name of Instrument or course.)

Name.....
(Please Write Plainly.)

Address.....

City.....State.....



A "Pinning Hold" that Makes an Opponent Helpless

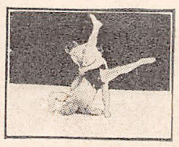
This is one of the greatest of all holds practiced in wrestling. You have your opponent's right arm barred with your left hand and his left arm barred with a leg scissor hold. He is helpless. It is a good hold for self defense, where you might wish to hold your man under control for some time. Try it on your brother or a friend today, and see how completely you have him in your power.

Wrestling Secrets

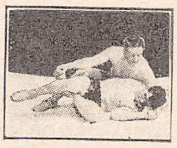
Revealed by Champions Frank Gotch & Farmer Burns

THIS picture illustrates only one of thousands of wrestling holds which vary from simple grips to the deadly strangle hold. How would *you* like to know them all?

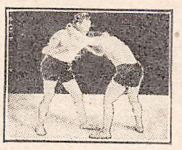
Think of learning them from two champions. This is precisely what you can do. The regular holds—the blocks and breaks for them—many secret tricks, never revealed before—all these you may master absolutely.



Become an expert wrestler through a wonderful course of lectures and photographs for home study prepared by two of the greatest champions who ever lived—FRANK GOTCH and FARMER BURNS.



Farmer Burns, the "father of scientific wrestling," knows more about wrestling than any man alive. He has trained seven champions—among them the great world's champion, Frank Gotch. These men will train you speedily to become a great athlete, a wrestler, and **a man!**



Vigor! Endurance! Bravery!

Minute reproduction of the large clear photographs which accompany every lesson. In each photograph either **Frank Gotch or Farmer Burns appears as one of the contestants,** assuring absolute accuracy.

Wrestling is a wonderful sport, a wonderful means of self-defense and more. It is the greatest mind and body builder in the world. It breeds quickness, vigor, endurance, bravery, all the manly qualities that men defer to and women admire. It develops every muscle in your body. It gives you poise. You can lay the foundation for a vigorous, successful, self-reliant manhood, if you start now to learn to wrestle. Do not put it off. Begin today.

Send Coupon for FREE Book!

The first step is to send the coupon for Farmer Burns' **free** wrestling book. It is packed full of information about wrestling and wrestlers. Valuable tricks are shown. A book that every boy should have. You will be under no obligation. The book is free. Just put your name and address in the coupon and MAIL IT NOW. Be sure to give age.

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Please send at once without any obligation on my part your free book on Scientific Wrestling, Physical Culture, Self Defense, and How to Win.

Name.....

Address.....

.....*Age*.....

(*Continued from page* 112)

mined entirely by the popular response to the ERA theory; as any therapy which promises to provide a livelihood for any considerable number of doctors is sure to find a large and ready acceptance by "the profession." Witness the professional "gullibility" in regard to the efficacy of cheap and filthy vaccines, serums, and anti-toxins! Quite naturally, the A. M. A. critics of Abrams are highly scandalized by the report that *he takes money* for his instruction and instruments; and they announce with ghoulish glee that, "the Ohio concern advertising his courses—*and which seems to make a specialty of advertising campaigns for those members of the medical profession who have unusual or bizarre methods to exploit*—called attention to the fact that no class (sic!) were so busy as those *employing mechanical treatment, such as osteopaths, chiropractors, and mechano-therapists!*"

Aha! Dr. Abrams caught red-handed affiliating with the manipulative cults, and to fasten the stigma more securely the Reform Propagandists quote the extract from his preface cited elsewhere in this article. But this, it appears, is the least of his sins. Note this broadside, delivered with biting irony: "Dr. Abrams (while admitting the protective factor of vaccination against small-pox) has discovered that *practically all the vaccines obtained from reliable firms yield the reaction of congenital syphilis;* and that *many of them also yield the reaction of tuberculosis, of streptococci*, etc. Further, that *even from the scars of all vaccinated persons one can always elicit a reaction of congenital syphilis, and in early scars a tuberculous reaction.*"

(These italics are specially designed to catch the eye of parents of school children).

Nor is this all of the Abrams' offences. He has demonstrated that "drugs have a vibratory rate, which can be duplicated by the 'oscilloclast,' *and this in turn substituted for the drug.*" Another observer and writer of Dr. Abrams' work, says "*his discoveries will render unnecessary nine-tenths of present surgical operations.*" And now the Abrams "cup of iniquity" seems to be full. A "regular" with such irregular tendencies, whose "unusual and bizarre methods" threaten to wipe out with one fell stroke, vaccination fees, surgical fees, and drug-stores,—which divide honors with delicatessen shops in keeping the doctors supplied with patients—cannot hope to escape the vengeful displeasure of the medical "dispossessed." Dr. Abrams is doomed, and not even the powerful endorsement and friendship of Sir James Barr (president of the British Medical Association) can save him from the combined A. M. A. wrath to come!

And now having shown our willingness to be fair to Dr. Abrams; and having also made it clear, I trust, that "we love him for the enemies he has made" in the A. M. A.; we may be permitted to

(*Continued on page* 116)

Learn by Mail to Play Your Favorite Instrument

Of all the arts, *music* has the widest popular appeal. You hear orchestras, bands, singers, instrumental soloists everywhere you go—at dances, in theaters, hotels, amusement parks, etc. There has never been such a great demand for musicians as now. Play *any* instrument and the way is open to you for earning big money.

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What Instrument Interests You?

Write, telling us the course you are interested in—Piano, Harmony, Voice, Public School Music, Violin, Cornet, Mandolin, Guitar, Banjo or Reed Organ—and we will send our Free Catalog together with *proof* of how others, both beginners and those more or less advanced in music, have made wonderful headway under our instruction methods.

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IS *NERVOUSNESS* YOUR TROUBLE?

Nervousness, with all its accompanying mental and physical distress—depression, weakness, irritability, indigestion, insomnia, constipation, fatigue, worry, agitation, fear—*yields splendidly to my commonsense and invigorating re-education by Personal Correspondence.*

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SEND FOR BOOKLET SHOWING PHOTOS OF MEN WITH AND WITHOUT **THE PERFECT LEG FORMS**
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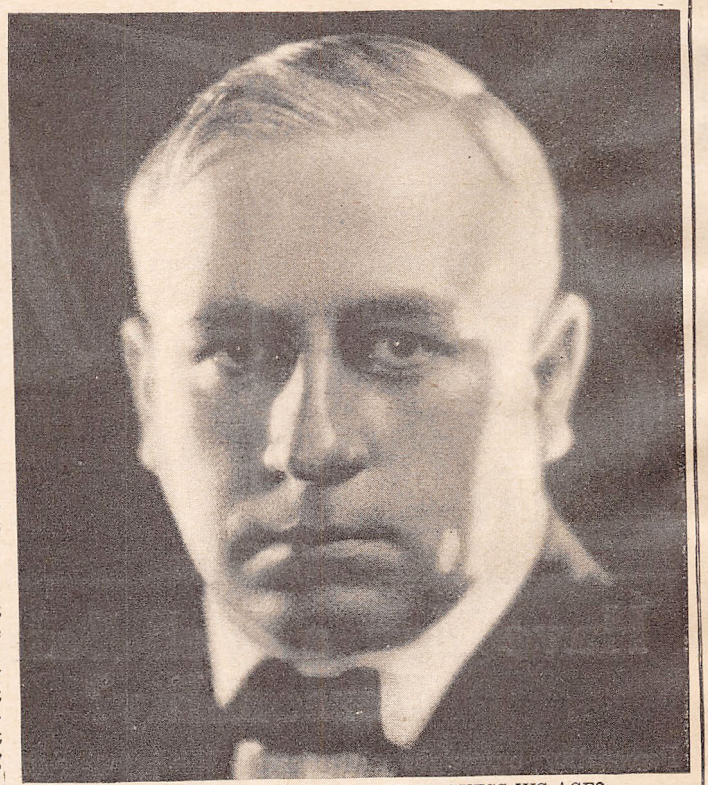
The Man Who Declines to Grow Old

See if You Can Guess His Age; the Author Couldn't; But He Stuck With Bradstreet Until He Revealed His Method of Staying Young

By WILLIAM R. DURGIN



HOBART BRADSTREET, CAN YOU GUESS HIS AGE?

I USED to pride myself on guessing people's ages. That was before I met Hobart Bradstreet, whose age I missed by a quarter-century. But before I tell you how old he really is, let me say this:

My meeting-up with Bradstreet I count the luckiest day of my life. For while we often hear how our minds and bodies are about 50% efficient—and at times feel it to be the truth—he knows *why*. Furthermore, he knows how to overcome it—in five minutes—and he showed me *how*.

This man offers no such bromides as setting-up exercises, deep-breathing, or any of those things you know at the outset you'll never do. He uses a principle that is the foundation of all chiropractic, naprapathy, mechano-therapy, and even osteopathy. Only he does not touch a hand to you; it isn't necessary.

The reader will grant Bradstreet's method of staying young worth knowing and using, when told that its originator (whose photograph reproduced here was taken a month ago) is sixty-five years old!

And here is the secret: *he keeps his spine a half-inch longer than it ordinarily would measure.*

Any man or woman who thinks just one-half inch elongation of the spinal column doesn't make a difference should try it! It is easy enough. I'll tell you how. First, though, you may be curious to learn why a full-length spine puts one in an entirely new class physically. The spinal column is a series of tiny bones, between which are pads or cushions of cartilage. Nothing in the ordinary activities of us humans stretches the spine. So it "settles" day by day, until those once soft and resilient pads become thin as a safety-razor blade—and just about as hard. One's spine (the most wonderfully designed shock-absorber known) is then an unyielding column that transmits every shock straight to the base of the brain.

Do you wonder folks have backaches and headaches? That one's nerves pound toward the end of a hard day? Or that a nervous system may periodically goes to pieces? For every nerve in one's body connects with the spine, which is a sort of central switchboard. When the "insulation", or cartilage, wears-down and flattens-out, the nerves are exposed, or even impinged—and there is trouble on the line.

Now, for proof that subluxation of the spine causes most of the ills and ailments which spell "age" in men or women. Flex your spine—"shake it out"—and they will disappear. You'll feel the difference in *ten minutes*. At least, I did. It's no trick to secure complete spinal laxation as Bradstreet does it. But like everything else, one must know how. No amount of violent exercise will do it; not even chopping wood. As for walking, or golfing, your spine settles down a bit firmer with each step.

Mr. Bradstreet has evolved from his 25-year experience with spinal mechanics a simple, boiled-down formula of just five movements. Neither takes more than one minute, so it means but five minutes a day. But those movements! I never experienced such compound exhilaration before. I was a good subject for the test, for I went into it with a dull headache. At the end of the second movement I thought I could actually feel my blood circulating. The third movement in this remarkable SPINE-MOTION series brought an amazing feeling of exhilaration. One motion seemed to open and shut my backbone like a jack-knife.

I asked about constipation. He gave me another motion—a peculiar, writhing and twisting movement—and fifteen minutes later came a complete evacuation!

Hobart Bradstreet frankly gives the full credit for his conspicuous success to these simple secrets of SPINE-MOTION. He has traveled about for years, conditioning those whose means permitted a specialist at their beck and call. I met him at the Roycroft Inn, at East Aurora. Incidentally, the late Elbert Hubbard and he were great pals; he was often the "Fra's" guest in times past. But Bradstreet, young as he looks and feels, thinks he has chased around the country long enough. He has been prevailed upon to put his SPINE-MOTION method in form that makes it now generally available.

I know what these remarkable mechanics of the spine have done for me. I have checked up at least twenty-five other cases. With all sincerity I say nothing in the whole realm of medicine or specialism can quicker re-make, rejuvenate and restore one. I wish you could see Bradstreet himself. He is arrogantly healthy; he doesn't seem to have any nerves. Yet he puffs incessantly at a black cigar that would floor some men, drinks two cups of coffee at every meal, and I don't believe he averages seven hours sleep. It shows what a sound nerve-mechanism will do. He says a man's powers can and should be unabated up to the age of 60, in every sense, and I have had some astonishing testimony on that score.

Would you like to try this remarkable method of "coming back?" Or, if young, and apparently normal in your action and feelings, do you want to see your energies just about doubled? It is easy. No "apparatus" is required. Just Bradstreet's few, simple instructions, made doubly clear by his photographic poses of the five positions. Results come amazingly quick. In less than a week you'll have new health, new appetite, new desire, and new capacities; you'll feel years lifted off mind and body. This miracle-man's method can be tested without risk. If you feel enormously benefited, everything is yours to keep and you have paid for it all the enormous sum of $3.00! Knowing something of the fees this man has been accustomed to receiving, I hope his naming $3.00 to the general public will have full appreciation.

The $3.00 which pays for everything is not sent in advance unless you prefer. Just pay the postman who brings it. Requests will be answered in turn. Try how it feels to have a full-length spine, and you'll henceforth pity men and women whose nerves are in a vise!

HOBART BRADSTREET, Suite 411,
630 S, Wabash Ave., Chicago, Ill.

I will try your SPINE-MOTION without risk if you will provide necessary instruction. I will pay postman just $3.00 for everything, on arrival. This deposit to be returned in full if I send back the material in 5 days.

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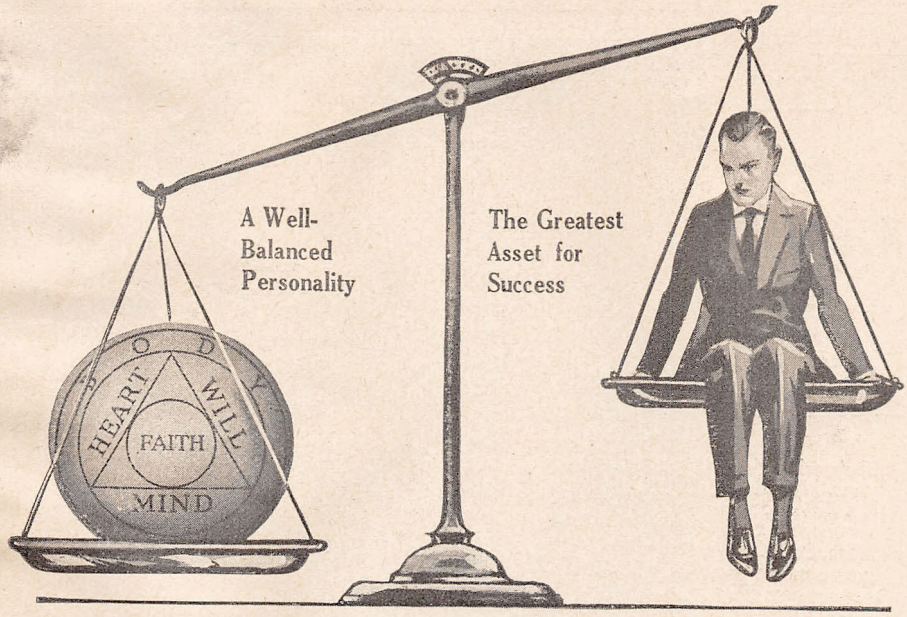

Have You a Well-Balanced Personality?

Personality outweighs all other success factors. Does your personality help—or hinder—your progress? You doubtless feel that it can be improved. And is there a practical, worth-while way to develop a *well-balanced* personality?

The "LIFIL" Course answers these questions, and many others of deep personal interest to you. For instance, do you know the two *strong* forms of reasoning, and the three *weak* forms? Think what it would mean to you in your everyday life, to be able to use the right forms, and avoid the wrong forms! Would you like to learn the new science of *Mental Metabolism*, for success control—the very point where the millions fail? You will marvel that it has not been thought of before, taught, and used in education.

The "LIFIL" Course Teaches *Scientific* Personality Development

If your mind is still open to new thoughts and ideas, why not let us submit the proof to you? This so-called "new idea" has stood the test of 25 years of searching study, experiment and application. Its final and complete expression in the "LIFIL" Course (pronounced Life-Phil) contains *workable, livable* principles and *exact, definite* methods for developing every power and faculty of the five great parts of your Personality—Body, Mind, Heart, Will, Faith.

It is, in truth, a crystal-clear Life Philosophy,—Life Phil—Lifil—filling Life with more Life, for Life. Regardless of your education, if *you are able to read the magazines*, you can grasp and apply its teachings. The youngest "LIFIL student is a girl of 15—the oldest a man of 82.

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A sales manager writes: "From the first four sections I have received and capitalized sufficient to pay for the entire Course."

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A barber: "Your system should be taught in the schools today. I can truthfully say to you that there is *a marked improvement in my memory*."

A Chicago student: "I will go into this thing with all the enthusiasm, heart and soul. I begin to see that *your system is different* from the dry studies which then *leave you on a wild sea of life like a ship without a rudder*."

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From a New York man: "It might interest you to know that my immediate superior remarked upon an improvement in my work and ideas recently."

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Age.....Occupation.....

Name.....
(Write your address plainly in margin.)

(*Continued from page* 114)

express a judical opinion as to the value of his discoveries for the sick world which leans on doctors:

First, the diagnostic value of the ERA, which probably stands in the fore-front of Abrams' achievements in the medical view, does not appeal so strongly to us Nature-curists, who have never been so much concerned about *naming*, as about *curing*, disease; and who, believing that all disorders arising within the body have primarily the same cause, and should receive pretty much the same treatment, do not regard the diagnosis as of primary importance in the cure.

Second, the curative virtue of combatting disease vibrations with similar vibrations from the "oscilloclast," still hangs in the balance of unproven verities, for us. It may be true, but it sounds suspiciously like that old phagocyte battle of the germs; and the dread of some disturbing complication like the "opsonic index"—as for instance, if the vibrations shouldn't happen to *match*—gives us pause, and we "reserve judgment" on the oscilloclast. The most important Abrams finding, in our view, is the syphilitic and tuberculous nature of vaccine virus; and this despite the fact that one of his expositors and spokesmen warns the anti-vaccinationists not to rejoice too soon, as "Dr. Abrams still favors vaccination, only he would purify the virus by exposing it for ten minutes to a blue light to destroy the syphilitic and streptococci infection, and to a yellow light to destroy the tuberculous reaction." Anti-vaccinationists, however, are very much more interested in the *finding*, than in the *finder* in this case; since *truth* is sufficient "authority" for us, and it does not greatly surprise us that Dr. Abrams, being sixty years old and *a medically trained man*, cannot lightly shed some of his old traditions.

We are content therefore to know that the ERA has turned *the white light of truth* on the real character of this filthy vaccine virus, and we shall redouble our efforts to keep it out of the venous circulation of our fellow creatures—especially young children.

And we wish that some hand might be found strong enough to turn the great white light of publicity on the sinister organization which has enacted compulsory vaccination laws, and is affixing to the outer walls of school buildings—at this season—that "no child will be admitted who cannot exhibit a certificate of vaccination!"

To Singers and Others

IT is self-evident to anyone who "takes in" many concerts and other musical events that health and a fine physique are the sine qua non of the richest quality of singing. One of the most endowed singers of the day is Emile Barrangon, of the Metropolitan Opera Company—better known as Chief Caupolican. This interesting personality has much of value to say in the December PHYSICAL CULTURE.

Glint of Wings

(Continued from page 59)

but she figures that her mother *wants* to be unselfish, so why shouldn't she be? Whereas Pat wants to be selfish, even though it makes her unhappy. This younger generation has no use for duty."

As Newton Lydig listened, he recovered his equanimity, taking note of the fact that here was a case where the younger generation might find their own progressive medicine rather bitter. How would young Mr. John F. Carter Jr., brilliant crusader against blundering oldsters of the Grundy tribe who have spoiled the world and had now better shut up and "go into their respective backyards and dig worms, great big pink ones—" how would he enjoy it, if he should find himself mated to one of these wild young heroines whom he champions so amusingly in the *Atlantic Monthly*?

They returned to the question of expenses and discussed the necessity that Patricia would be under of coming down to a more reasonable way of living, if Stanley decided to give up his large income. Pat would have to economize in various ways. She would have to get up in the morning at a reasonable hour. And so on.

"If you can make her get up in the morning," laughed the father, "you'll be doing more than we were ever able to do. And if you can persuade her to do housework—cooking, sewing, anything like that—well, I'll say the age of miracles isn't past."

Stanley fell into frowning silence, while Lydig went on to say that the only thing for a man to do in the face of a crisis is to decide deep down within himself what is the right and best course for him to follow, and then to follow it. "You're at the parting of the ways, my boy. I naturally think of Patricia's advantage, but no good can come from spoiling her, coddling her. I've done enough of that already. You must start right. The first year of married life is the most important. You establish a precedent.

"As to the money part of it, money isn't everything. On the contrary, your children will be spoiled by too much money, and if you go on year after year, piling up a fortune at the expense of your best aspirations and possibilities, they will be the first to turn against you later on and say, 'Poor old dad, that was the best he could do!' which will wound you cruelly for you will know that the fault was your own, that you failed to do the big thing in life you might have done because you lacked the courage to assert yourself as the head of your own family."

That settled it. Stanley turned to the older man with a light of high purpose in his eyes and said simply: "By George, sir, you're right. I'll do it. I'll take the risk. I'm going back to Montecito now and—

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"The Pilot of Health"

This attractive home scale is as essential in your home as fresh air and pure water. Every member of the family from the wee tots to the grown-ups can and should use the Health-O-Meter every day. First thing in the morning or last thing at night the Health-O-Meter should be asked for its answer to your weight question. Its instant accurate response will guide you or keep you on the path to perfect health.

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Perhaps right now you are taking expensive health treatments, exercises or diets—doing everything known to science to improve your health, physical appearance and beauty. But without a Health-O-Meter to guide you by proper daily weighing, you are working in the dark. Don't guess! Know! The Health-O-Meter will serve you instantly, accurately, and economically. Simply step on and read the easy-to-see-dial. Weighs up to 250 pounds. Thousands in successful use. A beautiful addition to any bathroom —neat, compact and inviting.

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Have you ever seen a faded, dying plant revive when brought from darkness into sunlight? Have you noted how you can almost *see* the pale leaves take on new color, see them cease drooping and turn their faces toward the sun, see the entire plant resume its former sturdy, vigorous appearance?

Do you know that the human body will respond just as quickly—just as vigorously—to the stimulation of high-frequency electricity as the plant does to sunlight?

Ra-Tone the Electric Tonic
The Perfected VIOLET RAY

is a *new* form of electricity that is as painless and shockless as the ray of sunshine. It is visible as a warm, violet glow that vibrates with inconceivable rapidity in a glass vacuum bulb. —*The Perfected Violet Ray.*

When the bulb is applied to any part of the body, the glow leaps from the bulb to the body. Instantly it penetrates to the deepest cells and tissues. There is no shock, no pain, but you feel a warm, reviving stimulation that brings new life to every cell, floods the treated part with warm, fresh blood, and brings a feeling of strength and well-being that cannot be described.

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Our big free book—written in simple language but in a scientific way—tells just what results can be expected in every common disorder. It gives detailed treatment for each ill. Send for your copy today and learn how you can gain buoyant health and a well developed body.

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well, I may run down again in a few weeks and let you know what happens."

CHAPTER XII

Patricia Works for a Wifely Halo

A lull for the lovers before the storm, a long, lazy lull in the bungalow at Montecito, most beautiful spot on earth, Stan declared, but Patricia called it *hatefully* beautiful.

A premonitory clash came one morning in August at the breakfast table—ancient center of domestic trouble—laid attractively in the garden under the tropical horse-chestnuts.

Patricia sat there waiting. Her eyes moved restlessly over the lawns where jacaranda trees had shed their blossoms in exquisite lavender pools; then on along flower-bright paths to the garden, humming, astir, fragrant with summer's secrets.

"Tell your master I've been waiting fifteen minutes," she said fretfully to Louis Tong, their immaculate Chinese servant with his neatly braided blue-black hair wound about his head.

"Yes, Missey Cleighton," lisped the Oriental, vouchsafing one of his rare, but irresistible smiles as he trotted away.

Patricia was irritated by the knowledge that Stanley had worked late the night before at his interminable novel. That novel! It seemed like divided allegiance; also it was a perpetual reminder of their impaired financial state.

She had another unexpressed grievance in a subtle change she had noticed or thought she noticed in Stan's attitude toward her ever since his visit to Los Angeles a fortnight before; in this change Patsy had sensed her father's influence. She could scarcely believe that Stan would have gone to see her father without telling her, but—where did he get these new fatherly ideas? If he *had* gone, she would be furious. One master-of-her-fate was enough. To have two who chummed together and talked her over would be the last straw.

Stan appeared presently in working attire which, it must be confessed, was of a rough-and ready albeit comfortable character—a gray shirt with rolled down collar open at the throat, an old pair of trousers and a most disreputable, flapping pair of red slippers covering socks that needed darning, at least one of them did. And his shock of red hair glistened redder than usual after his morning shower. All of which exasperated Pat, especially his serene indifference to the impression he was making, his masterful sloppiness, as she called it. Already Stan was thinking of his book, eager to get back to the day's task and take up the creative threads where he had left them the night before.

"Morning, dear," he nodded as he seated himself and made ready to eat, drumming meantime on the table with strong, freckled fingers and watching the cool, shifting shadows patterned by the foliage on the white damask.

It was a trifle now that started the shower of words, a disapproving glance and word from Patricia regarding his appearance, more particularly those horrible red slippers and blue socks—with a hole in one of them!

"That's a little up to you, isn't it?" he smiled.

"Why is it?" she flared, "Why should I be responsible for your socks?"

"Somebody's got to see to the laundry. Yesterday I hadn't a clean collar."

"Well, suppose I hadn't a clean blouse! Would you worry?"

He eyed her sharply, and met the implied challenge, saying good-naturedly:

"Look here, Pat. I say it's up to you to see that this house is better managed. You don't know what Louis Tong is doing in the kitchen—what he buys or how much he spends! You should. You promised to be my partner, and if our exchequer has diminished—"

"That's not my fault. If a housewife was what you wanted when you married me, you could have hired one."

"Pat!"

"Over at Catalina I told you. . . . "

"And I told you what I'd expect of you," he interrupted. "I weakened because I—well, I hoped you'd grow to care for me. Besides, I hate these clashes. They soil love. I know how your father felt; I see why he couldn't bring himself to force you to do things."

She pricked up her ears. How did Stan know that her father could not force her to do things? Besides he had!

"Now I *insist* upon your doing your share," her husband went on.

"Insist! You can't get anything out of me through force, Stan Creighton. You may as well know it. I'll bring my share to this partnership, but in a different way. I want to write. . . . I want to write quite as much as you do."

Stan laughed.

"You've never taken my writing or my art seriously," she went on hotly. "Never, never! You seem to think that all women are meant for is to be nice little domestic tabbies. Well, some of us are not."

"I haven't seen you laboring at your writing, Pat. You've dabbled a bit, that's all. If you're in earnest why don't you work? Masterpieces aren't thrown off in a moment of careless rapture. Everything takes hard work. Now your art. . . . There you have a real gift."

Father again! Work! And her art! Her father had wanted her to commercialize this by making posters. Stan would be suggesting this next, she thought tearfully.

"I tell you I can't work here," she choked. "I've tried again and again. The white paper stares back at me, empty—empty as the days, empty as my mind of ideas. . . . Probably I'll never really work until I'm forced to, until I have to earn my bread and butter. I've felt all along that I should be on my own. I wanted to try it in New York and father

(*Continued on page* 121)

The Biggest Failures Are Those Who Work Hardest

EVERYBODY knows the bookkeeper who works 10 or 12 hours a day, year in and year out, without ever getting anywhere. He begins life on a salary of $15 a week and ends it in penury on a pension. He is not the only one. The harassed and flurried sub-department head who can never get his work done except by staying after hours, the clerk who remains confused and buried under an accumulating mass of detail, the merchant who stays "on watch" in his store from opening to closing time without achieving a margin of profit large enough to expand and grow on—they all end the same way.

Will you be one of them?

Statistics show that over 54 per cent. of all men are *dependent* at 60. Why? Men are nearly all ambitious; most of them are "hard workers." *Yet they do not succeed!* They simply never learn *how* to use their NATURAL GIFTS!

You will never succeed merely by working hard. Get that truth fixed firmly in your mind. You can succeed *only* by developing your mind to its fullest capacity and by learning to *use it efficiently*. Science has shown that most men use only 35% of their brain power. No matter how hard they work that 35%, they cannot compete with the man whose faculties are 100% in action!

Pelmanism, the science of applied psychology, will teach *you* to put all your faculties in action. It will teach you to overcome mind wandering, forgetfulness, mental sluggishness, weak will-power, lack of personality. It will train you to concentrate, to be methodical, to remember the things you should remember—it will increase your power to perception, give you a more alert and disciplined mind, enable you to approach any ordinary task with a feeling of self-confidence and power.

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"I had the pleasure of taking the course during 1917-18. Previous to my joining the army my salary was $20 a week. My present salary is $10,000 a year."

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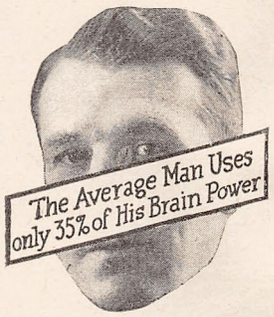
We hesitate to say too much about Pelmanism. We prefer to understate rather than overstate. A born fool will doubtless remain one, with Pelmanism or without it. If anyone's will-power is so weak and his regard for his future is so small that he cannot bring himself to give 20 to 30 minutes a day to self-development, Pelmanism cannot help him.



But—an average man or woman cannot fail to benefit by it. And results will show within a few weeks. Hundreds of thousands of enthusiastic Pelmanists testify to the fact that the course has helped them amazingly. They tell of the development of faculties whose existence they scarcely suspected, of increased power and joy in life in almost every way. They tell of incomes increased, one hundred, two hundred, and as high as a thousand per cent. A few of these testimonials, picked at random, are reproduced elsewhere on this page. They are *hard facts—Proof positive* of the value of these scientific secrets of the mind. Can you afford to miss your opportunity?

48-Page Booklet Free

Resolve to-day to stop slaving and drudging. The successful men and women are those whose trained minds make work seem more like play. Mental efficiency enables them to take more time for real play, to be well fed, well housed, well dressed and happy. Make up your mind now to let Pelmanism help *you* as it has helped thousands all over the world. The principles of Pelmanism are for everybody, man, woman or child.

Send the coupon below for the free 48-page booklet, "Scientific Mind Training," which describes the course in detail. This *may* be the great turning point of your life. If you can make up your mind to send this coupon, you are the sort of person Pelmanism *can help*.

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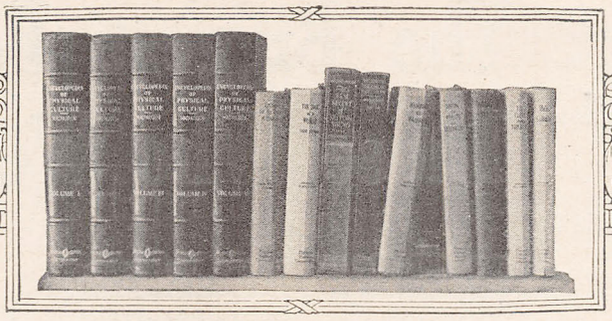

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(Continued from page 119)

put a dam to that ambition. It sent me off on a tangent. That's what dams do."

"I suppose I'm the tangent."

"If I've made a mistake, it's better to acknowledge it now and start over again, isn't it?"

Stan had grown grave.

"Mistake? Oh, Patsy," he pleaded. "Can't you come down to earth, forget yourself for a while and help me?"

At which she flashed back angrily: "If you had told me we were to live the simple life when I married you, that would have been different. But you didn't! It wasn't fair, Stan. You've humiliated me."

II

The outcome of this talk was an absolute command from Creighton that his wife assume the housekeeping responsibility. A direct command! Patricia felt prisoned, bound to stay here, bound to act as he wished. She bottled her rage, but it fermented and grew more dangerous each day as she went about her imposed domestic duties. She hated housework with a deep and smouldering hatred, most unchristian and unwomanly. Why should a woman spend half her day planning the meals for her lord and master and the rest of the time superintending the house? Why must she always adjust her mood to her husband's mood, achieving harmony only by tactful management of him, that is by the sacrifice of her mental, spiritual and physical self? If marriage were really a partnership, why might not he adjust himself a little to her? Also, if a woman can earn money by writing or business activities or otherwise, why may she not give her share in that way and *pay* a housekeeper? Stan's conception of a fine woman was absurd, old-fashioned; he wanted her to be the dispenser of a deep and sacrificial type of love, but Patricia could not give that kind; she realized this more and more each day.

But one evening Woozy came and reasoned with Patricia, pleaded with her, the result being that for a time the rebellious bride was placated; indeed Patsy made various good resolutions which she recorded day by day, or rather night by night, in her diary.

Thus on Friday: "Stan's eyes follow me so wistfully and appealingly that I feel ashamed. What if he is dogmatic and insistent about the housekeeping? Probably his mother and all the good women he has ever known or read about have been like that."

And again on Saturday: "I register a vow to try—each day for two weeks I'll try. I'll woo the kitchen, the mending, the marketing. I'll study the menus. I'll try to be economical."

And on Sunday: "I can't help it, I hate housework. I despise it. If it wasn't that Stan is so pathetically funny in his joy at my attempts, I'd throw the whole thing up this minute."

And on Monday: "What's the use of persisting in a thing that one does badly? I'm a misfit. My temper is worn to a frazzle. Perhaps Stan is right; he says I'm smoking too many cigarettes. Well, I'll try cutting down on them."

And on Tuesday: "Stan marches heroically about in his socks—the ones I've darned! I know they are lumpy; I choke over a laugh and end by weeping."

And on Wednesday: "I *must* be economical. I cannot make money elastic. My once cheerful Louis Tong has developed into a regular grouch. His grin has departed. He hates me in his domain. Sensible man, Louis Tong!"

And on Thursday: "Working for a wifely halo is some job. I've cut down on cigarettes, six a day, and Stan's approbation stares nakedly from his good clean eyes. Oh, he is dear and kind. A dull pain closes down on my heart as I realize my inability to measure up to his expectations. Stan, dear, I'm sorry. I'm sorrier than you'll ever know. I'm not really a quitter, but isn't all this frenzied drudgery a farce?"

And on Friday: "Rocks ahead! I can't keep this up much longer. I'm beaten before I start. Why should I make myself over into something I am not. Sewing and mending! Food, food, food! I could scream with the deadly dullness of it. I'm taking Stan as he is. Why can't he take me as I am, faults and all, if he loves me as much as he says? If I loved a man as much as I *could* love, I'd probably be happy to scrub for him. That's it! I don't love Stan enough."

And on Saturday: "Each night I look into the mirror for my halo. It hasn't appeared—anyway halos are irritating. Haven't smoked at all to-day. Nervous as a cat!"

And on Sunday: "I've been sounding myself and my inability to meet this domestic exigency, and I conclude I have been brought up all wrong. My parents crippled me by their loving indulgence. I've never been trained to do anything except to lean on those who love me, and their sacrifices have made me pathetically useless. I'm only just awakening to this astounding fact."

On Monday Patricia did not write about household perplexities, but touched upon a matter of graver import: "After all, have Stan and I much in common? Take literature, this wonderful literature that he's sacrificing everything for. He

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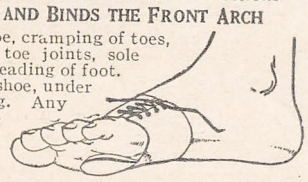

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certainly has some antiquated ideas here. He eats up sentimental stuff that sickens me. 'You're all for showy brilliance,' he flung back at me to-day. 'Cold beauty isn't enough for suffering mankind. Why give them a stone when they hunger for bread?'

"I told him he sounded like Billy Sunday, and I acknowledged that beauty satisfies me. Walter Pater's chaste reticence quickens my pulses, Oscar Wilde's *verve* dazzles me. Shaw's cheery cynicism flatters me into believing that just Shaw and myself are the clever ones on earth. I say there's no excuse for writing anything, if one can't write it beautifully. I like outward beauty in all things; pretty clothes, homes of friendly dignity, all the graces of life. They charm me. When I told Stan this he said: 'They're not worth a *damn* without sincerity and heart'."

On Tuesday she wrote: "Deep down in my heart persists a belief in my ability to do *something* well, to give and take generously, as life demands."

And on Wednesday, after twelve days of vain effort to be a domestic wife, Patricia abandoned the attempt with this wail of despair: "I give it up. It's too much for me. Stan's pride has been flattered that I've tried and I've been able to preen myself a bit; but really I haven't done much good. I've been like the child helping its mother wipe the dishes, more of a hindrance than a help. I'm backsliding again on cigarettes—a box and a half to-day. But, in the words of my husband, I don't give a *damn!* I'm sick of holding in, of play-acting as a model wife. *From now on I'm going to be myself!*"

CHAPTER XIII

THE LURE OF CLOTHES

"The fierce misery of those who live for pleasure."

A week passed . . . then suddenly came the crisis, through one of those little happenings that flash out, like sparks in a powder-mine, whenever the powder-mine is ready.

It was a morning in late September. There was a decided snap in the air. Gusts of wind whirled yellowing leaves from the trees, heaped them about the tree trunks or over the lawns, heralding Autumn. Patricia was bored, fretful, irritated. Life stagnated about her. She saw that in this marriage she had taken a reckless leap into the dark, and was now groping helplessly. Still, she did not reproach herself, but rather her husband. What right had Stanley to cheat her of the future his money had apparently offered? She had thought she loved him—yes—but that was in a certain setting. Taken out of that setting, she might never have considered him. Men were so conceited, so intensely

vain of their *manhood!* The poorest, oldest, most decrepit man fancies he may still win the loveliest of débutantes. He actually does!

Pat ordered Louis Tong to saddle her horse, but changed her mind and took the car. She laughed as she swung recklessly out of the rustic gate, nipped off a corner of it and sent the car flying to the bulging-eyed envy of two small country boys hovering near.

Poor Pat! Her soul was unsteady, like this rattling machine as it plunged down the steep and rocky mountain road. The oaks, wild-wood tangles of berries and trailing grape-vines failed to rouse in her a throb of interest, while the distant sparkle of the ocean only increased her exasperation. It symbolized the sea of life that she longed to be adventuring on, but was not.

Once on the well-paved boulevard leading into Santa Barbara, Patricia let the car out; it leaped forward, bringing tears to her eyes from the sting of the air. If she only had a *real* car, how she would have humored this restless demon within her!

As she turned up State Street she all but collided with a stunning dark blue car, evidently of French make. She stared enviously, then noticed the driver, a smart, cock-sure young person in a dashing black and yellow sports outfit, who turned at that moment. An incredulous light dawned simultaneously in the eyes of both.

"Margot Régnier!" Patricia cried excitedly.

"Patricia!"

Their machines soon hugged the curb, and after a hasty exchange of confidences, they decided to park Pat's plebeian car and were off in the purring beauty.

Margot had been one of the most envied girls at Miss Spencer's School. She had brains, or at least superficial brilliancy; and a dark beauty that amazed. Also money and charm. French on her father's side, Irish on her mother's, with all the dash and dare of her American upbringing, she had led her parents a merry chase. Six months after her coming-out party in New York, at the height of a spectacular social triumph, Père Régnier happened in unexpectedly at a little smoker Margot was giving one evening, whereupon she was packed off unceremoniously to a Western College. Six months later she was politely asked to leave, much to her joy and her father's wrath and shame.

At her wit's end now for an entrance into longed-for freedom, Margot had married Don Hammond, a middle-aged fortune hunter; but her father, still the source of supplies, was not ready for them to return to New York, so she and Don were temporarily caged with a dull and dowdy aunt who owned a mansion perched on a neighboring cliff.

"There's my tale of woe," laughed Margot. "Now tell me yours, old darling!"

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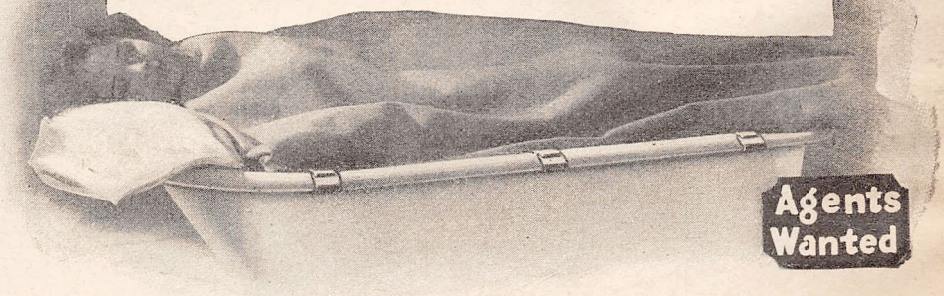

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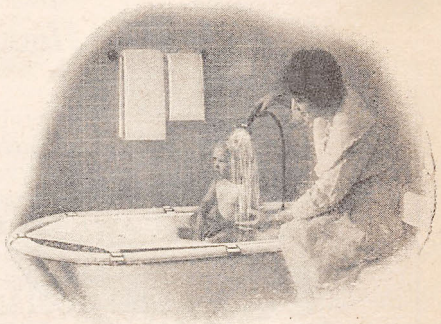

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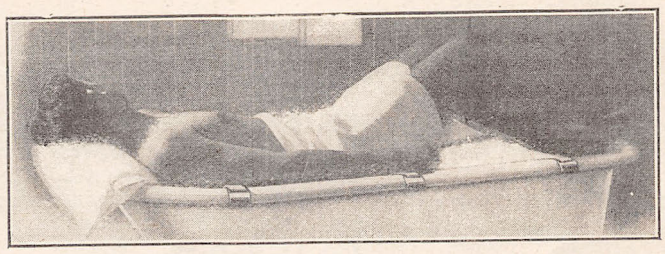

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Flattered by the interest in her career indicated in Margot's shining dark eyes, Patricia gradually told her whole story, nor did she conceal her present impatience, dissatisfaction, rebellion. She drove home aflutter with excitement.

But a few days later when Margot called and had tea with them in their little chintz-hung living room, she saw that Stan was going to be unmanageable about her friend.

"I don't like her," he said decisively afterwards. "I don't like the beautiful shell of her, nor the little farce of her soul."

On the other hand Margot was frankly pleased with Stan and rhapsodized openly to Patricia about him; but Creighton persistently refused her invitations, so Patsy went alone. These lavish parties of Margot's led to other invitations that called for new clothes. This stirred the young wife's resentment, for she had had nothing new in months.

Patricia was at Margot's one afternoon when the maid unpacked a box from a famous New York dressmaker's.

"What gorgeous things!" sighed Pat, enviously.

"Why don't you order a gown or two yourself?" suggested Margot as she lifted a creamy lace gown from its tissue paper wrappings. "This sort of thing would be wonderful on you, chérie, with your short curls. I could send in your orders with mine, and ask them to mail the bill to your husband."

"Oh, I couldn't do that!"

"Why not? Don't be a darn little fool. What's a husband for? Work him, my dear. Use your sex charm. Men are such innocent babies—lambs led to the slaughter."

She gathered up two exquisite négligees, an orchid creation over a flesh chiffon, and a luscious apricot with dashes of turquoise blue and, squinting her dazzling dark eyes until they became mere black slits through her heavy, curling lashes, she said:

"Here, take this orchid affair. Something new gives one confidence. . . . " Her laugh disconcerted Patricia who blushed painfully, then blushed because she had blushed.

"I hate this underhand feminine way of getting things," she rebelled.

"You ought to have been a boy, Pat. You're so absurdly honest. Women must be tactful." Again that provocative laugh.

"That's it," replied Patricia with fierce earnestness. "A man can walk upright in the sun, but a woman has to creep and fawn. I detest it."

Nevertheless she listened to Margot's tempting, for clothes are a disease with women. Against her will she listened. One by one Pat's arguments for the decent course (meaning self-restraint) were brushed aside, and before she left she had sent in an order to Lucille for two simple but appallingly expensive evening gowns, and an evening cloak. Also Margot per-

suaded her that her old riding suit could be improved upon, and, well . . . why not?

Patricia went home torn between happy excitement over the prospect of some new clothes, and a guilty feeling that she had betrayed Stan.

That night at dinner she exerted herself to draw her husband out of the detached, impersonal attitude that he had held to persistently of late, and finally obtained his promise to go to Margot's next party. Here it was that Stan met Margot's husband, Don Hammond, Don Hammond, an old wreck (he was over forty and looked for all the world like a shriveled, yellow Bellflower apple) who before his marriage was a poverty-stricken, would-be artist, living by his wits and social position. Margot accepted him because his frost-bitten speech amused her, and because, being subject to her gifts, he would be meek and lowly under her commands.

"A lot of rotters," Stanley characterized them as they drove home. "That old Don Juan is like a yellow plant that has grown under a moldy board. I *forbid* you to have anything more to do with him or his crowd."

"Forbid!"

"Yes, forbid," he repeated. "If you're still a child, I must treat you like one. . . " Then after a second through his teeth, "Thank God you're not a liar. You're not like that deceitful cat Margot. Believe me she's no friend of yours."

That night Patricia wrote in her diary: "I have analyzed myself unmercifully and I admit that I am a joke as a housekeeper and homemaker. I'm not making good as an artist. I'm persistently unhappy. I'm a round peg in a square hole. My quarrels with Stan always end in reconciliations, but they cheapen me in my own eyes. To take clothes, presents, anything from a man whom one does not love, even if he is called one's husband, is in my opinion contemptibly low. This idea grows on me, constantly shaming me."

And the next night she wrote: "Once I said that I did not want love to dominate me; now I am convinced that I have not had a peep at love, even through a half-closed door. Nine-tenths of the women in the world never do! I won't be one of these women. I want the rare, unshared things. *I want to know what love is even if I get hurt in knowing!*"

The next installment of

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Build Health Without Drugs. See Our Interesting advertisement on page 90. Then write for free health document. Vit-O-Net Mfg. Co., 1229 N. Clark St., Chicago.

Women—Are You Interested In Your Health? Circular free. National Specialties, 32 P, Union Sq., N. Y. C.

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Sex Books Complete International Catalog Sent members of professions and advanced adult students. Book League, Dept. 16, 5 Columbus Circle, New York.

Books: Osteopathic, Chiropractic, Naturopathic, sex, etc. For Drugless Practitioners. Circulars sent, Murray, Publishers, Elgin, Illinois.

World's Leading Books On Sex Knowledge, Sex Secrets, $1.60; Sex Advice to Women, $1.35. Both $2.75. Many others, catalog, 4c. G. Smetana & Co., Owosso, Michigan.

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Natural Health Foods, Drugless Remedies, Health books and home treatment appliances of every description. Free catalogue. Health Products Institute, 726 S. Ashland Boulevard, Chicago, Illinois.

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Personal

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Tobacco Habit Quickly Cured. Any Form. 25c. (silver.) Adolph Lonk, H-3018 Taylor, Chicago.

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St-tut-t-t-tering And Stammering Cured At home. Instructive booklet free. Walter McDonnell, 41 Potomac Bank Building, Washington, D. C.

Miscellaneous

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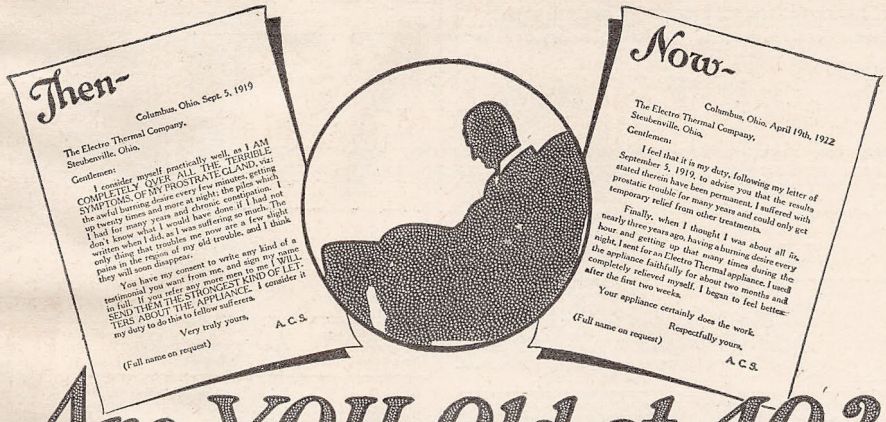
Remove Tattoos: Recent Discovery, Small Cost, applied at home. Formula $1.00. J. Duffy, Box 1043, Christobal, C. Z., Panama.

(*Continued on page* 129)



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Some men of sixty are younger in activity than other men of forty. A common cause, perhaps the most common cause, is prostate gland disorder. Men whose lives have been the heartiest, regular and most vigorous are not exempt from the attacks of this serious and common irregularity.

Our plainly written, interesting, educational

Free Book

"WHY MANY MEN ARE OLD AT FORTY"

may bring a priceless message to you. It will tell you much you wish to know about the prostate gland and its functions—how a disorder here may cause sciatica, backache, aches in toes and heels, mental depression, interrupted slumber, frequent micturation and other disturbing conditions. It will tell you of a Thermalaid, a simple means by which the essential of an old hygienic principle, done into new and convenient form, corrects this prostate gland condition and its attendant health faults,—a method that is being endorsed by prominent Physicians, Physical Culturists, and other leading health authorities. The book will be sent free, without obligation upon receipt of your request.

The Electro Thermal Co., 1115 Main St., Steubenville, O.

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TRADE MARK

TO PHYSICIANS

Thermalaids, a new means of applied hygiene embody the principles you have wanted to use for years in the treatment of prostatic hypertrophy, etc. Thermalaids offer such efficiency, simplicity and comfort in the use of these principles that forward looking physicians everywhere will inevitably use them. Many are doing so now. It would be a pleasure to send you full particulars.

We Have Hundreds Like These

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The Electro Thermal Company,
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Your outfit gives perfect satisfaction in Prostatic and kindred diseases. Obstinate cases respond to this method.
(Full name on request) Dr. F. M. J.

Spartansburg, S. C., Aug. 21, 1919
The Electro Thermal Company,
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The appliance has been a wonderful help to me. The only thing which has given me relief. Glad I ordered your instrument. IT'S SIMPLE, BUT WONDERFUL.
Sincerely,
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THE ELECTRO THERMAL CO.
1115 Main Street, Steubenville, Ohio

Please send me, without any obligation, a copy of your free book—"WHY MANY MEN ARE OLD AT FORTY"

Name.....

Address.....

City.....State.....

How to Take Your Exercise

(*Continued from page 43*)

An argument one often hears against light or free-hand exercises is, that they are so monotonous that nobody will stick to them; after a few days or weeks you begin to omit them some morning, on one pretext or another, and the next thing you know you are back in your old indolence. A man needs apparatus to keep him going, these objectors will tell you. The bars and bells and pulleys and rings give you definite stunts to do, and enable you to mark your progress. And then, in a gymnasium there will always be other fellows around, and you are stimulated by competition, whereas a fellow doing calisthenics, alone in his room, has no encouragement, his movements become automatic and listless, he has no way of knowing from day to day whether or not he is getting ahead, and sooner or later he's sure to quit.

There is some basis to these objections, but they are pusillanimous. The man who has been shown how to turn the clock of time backward, and renew his youth and strength, and who finds the half hour given to that process too tedious—such a man is, well, what would you call him? Suppose, instead of the calisthenics, you were set down before a gallon mug of the authentic elixir of life, and informed that if you would sip it for half an hour, you would prolong your days and become vigorous and healthy—would you find that tedious, and throw the elixir out of the window? But exercise is the only elixir of life that has yet been found and it fulfils its promise. To say that free-hand or calisthenics don't show your progress is mere flubdub. The evidence of progress is not reducible to figures and to be entered in a ledger, but it is none the less manifest and undeniable.

In the Harvard gymnasium, Molineux, the instructor, would get the best of his pupils into the little office on the first of the month, and solemnly produce his tape, and take the measure, in inches and fractions, of each man's biceps, chest (relaxed and expanded), neck, forearm, waist (drawn in), thigh, calf,—and write the figures down in his book. They would then be compared with the figures of the month before, and we would know whether our development during the month had advanced, receded, or remained stationary. Bill Poore's biceps had increased from sixteen inches to sixteen and an eighth; Horatio Curtis's chest, which had been forty-six and a quarter, was now half an inch better; Ned Clarke's thigh had gone down from twenty-three to twenty-two and a half; Charles MacBurney's neck was still fifteen, and he couldn't swell it out a tenth of an inch more. And so on.

Well, what of it? The more you contract and extend a muscle, the bigger it

Classified Advertising

(*Continued from page* 127)

Miscellaneous

How to Entertain

Plays, Musical Comedies And Revues, Minstrel music, blackface skits, vaudeville acts, monologs, dialogs, recitations, entertainments, musical readings, stage handbooks, make-up goods. Big catalog free. T. S. Denison & Co., 623 So. Wabash, Dept. 112, Chicago.

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Personal

Dog Owner's Text Book Free; Expert Advice On proper care, training and feeding. Free with 3 months' trial subscription to America's popular dog and hunting magazine. Send 25c to-day (coin or stamps), Sportsmans' Digest, 504 Butler Bldg., Cincinnati, O.

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will become (up to a certain limit for each man). But what it really concerns you to ascertain is whether, on the whole, you are improving in strength and health, and you don't need a tape and a ledger to tell you that. The feeling of loss or gain is in you; you are more or less a man than you were. It is childish to rely on figures, and it is moreover misleading. For if you start with the tape, you will be ambitious to make a better showing each month or week, and will accept the testimony of the ledger as a real measure of your progress. But, of two men of the same weight and stature, the one with the bigger muscles is not always the healthier man, or even, for general purposes, the stronger. Health, as I have said before, is not in the muscles, but in the condition of the internal organs of the body which wholesome and systematic exercise will bring about. The muscles will improve in quality and endurance of course, but not necessarily in mere size. Do you sleep well, digest well, can you run uphill without getting winded, can you do energetic and active stunts all day without feeling tuckered out at night, are your eyes bright and clear, do you sit and stand erect, do you recuperate promptly from severe exertion? Then you are all right, and you may throw the tape out of window.

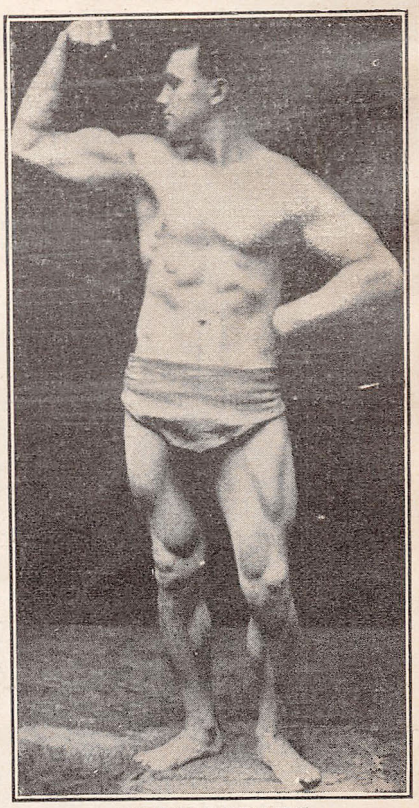
I think a certain amount of heavyweight work is desirable, not every day, but once in a while, just to make sure that you are all there. But put your main dependence on light work, regularly and thoroughly performed. The different movements in these exercises have been so ingeniously devised, and with so much knowledge of anatomy, that the aggregate of them brings into play every muscle of the body, and every internal organ also. No sudden and unexpected effort can take by surprise a man accustomed to these movements; there is no weak spot in him. And he has learned how to make groups of muscles cooperate with one another, so that the strain of a given movement is shared by them, instead of all of it being borne by one or two. And he is always ready and quick—and everybody knows how quickness tells over mere strength in a scrap or a scrimmage.

Our gymnasiums are admirably and scientifically arranged, and if used carefully and scientifically, will turn out finished gymnasts. But we are impatient, we are careless, we run to extremes, we "specialize" in this or that, and seldom attain symmetrical and thorough development. I prefer gymnasiums as places to test—try-out—muscular ability, rather than to create it. The creation of health and strength that is to last a lifetime is—don't make any mistake about that!—a lifetime's work. No extraordinary exertion or enterprise is needed; a moderate amount at a time; but you must keep everlastingly at it. It is the persistence and the regularity that count. It is much better to exercise a little every day than ten times as much once a week. Set the hour and the duration of your

Matysek

Makes Men STRONG

You *can* have health, strength, endurance, muscles of steel, a strong will. Let Matysek tell you how. Clip the coupon NOW.



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The man who can model a supreme physical development on YOU.

10c Brings you a Wonderful Booklet

You get a large exhaustively produced 48-page booklet entitled, "The Road To Success," containing 26 artistic pictures of myself, many full page size, which will give you the foundation of my extremely successful method and start you on the true course that will work wonders in your mind, body and affairs.

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the most beneficial Physical Culture course in existence. Prof. Matysek will train you with the most effective and yet harmless exerciser—the FIVEPLEX—that makes real men. Rounded shoulders, flat chest, weak legs, indigestion, nervous disorders, poor circulation, lack of concentration, insomnia and bodily ailments FLY AWAY under his expert eye. No wonder! He gives PERSONAL ATTENTION. This is why he will REJUVENATE you and

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in half the time that the many "experts" who do not fully acquaint you with the inefficient exercising device they would have you use. Matysek will show you the SHORTEST, SUREST and SAFEST PATH to HEALTH, STRENGTH and DEVELOPMENT.

Guarantees Increases

4 in. to chest, 2 in. to thighs, 2 in. to arms, but most pupils exceed this scale. To the normal man I produce such a high degree of development that satisfies his highest aims! No matter what you are now, your progress will be so generous that you will boost my methods.

Send for your book today!

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A perfectly constructed guaranteed Violet Ray Machine for only $6.25. Just think of it! Thousands of readers of Physical Culture welcome this announcement with great joy. It means that everybody can now secure a high grade Violet Ray Machine which for home use answers every purpose of an instrument costing three to four times as much. So why pay more?

A "Miracle" in Every Home

Everybody should have a "Miracle." There is nothing like it to produce health, beauty, and vitality. We have long planned and at last perfected a machine that we can unreservedly recommend for every home, at a price so low that nobody needs to be without, even for a single day, the marvelously beneficial results of electrical treatments in the home.

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Catarrh, Colds, Constipation, Earache, Headache, Nervousness, Neuralgia, Rheumatism, General Debility—scores of disorders are quickly relieved; many permanently corrected.

"Miracle" Violet Rays bring quick relief from pain, weakness, and exhaustion. New vitality is created. Every tissue is restored to perfect health. The circulation is nourished. The blood is purified. Fresh oxygen is brought to the cells. Skin disorders: acne, pimples, boils, black heads, freckles, wrinkles, disappear. The complexion is made clear and radiant with youthful glow.

Our FREE BOOK tells how Master Violet Rays will help you. Write for your copy TODAY.

Highest Endorsements

Master Violet Ray Treatments have the highest endorsement of scientists, physicians, physical culturists, and thousands who have used and been benefited by them. They are used in hospitals, sanitariums, health resorts, and in thousands of homes.

$6.25

The "Miracle" is a marvel for simplicity and ease of operation. A one-piece machine, simple, yet perfect in construction. Nothing to get out of order. Works on either direct or alternating current. Complete with general applicator. Guaranteed for one year. Book of Treatments free with every machine.

SEND NO MONEY—5 Days' Free Trial

Send no money unless you wish. Pay on arrival; You take no risk, no chance whatever. *You deal with an old reliable house* that has made Violet Ray Machines for years. You pay *only $6.25* on arrival. Use the machine in your home 5 days. If not all we claim, or if not satisfied in every way, return it and we'll refund your money. Don't hesitate. Don't delay a single day. Mail the coupon right now.

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Gentlemen:
☐Enclosed find $6.25. Send me your complete MASTER "Miracle" Violet Ray outfit, prepaid. If not entirely satisfactory and exactly as represented, I will return it within 5 days and you are to refund my money.
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exercise at the start, and let nothing induce you to neglect it or to vary from it. But, on the other hand, if any day, or days, you are absolutely and unavoidably prevented from keeping your schedule, if you break a leg or an arm, for instance, or are traveling in an express train between the Atlantic and the Pacific,—don't let the intermission hinder you from beginning again as soon as the unavoidable obstacle is removed. Be sincere and manly about it; don't humbug or defraud yourself. But if you depend upon a gymnasium, or gymnastic apparatus, you may often find yourself unable to command it; whereas you are never without your arms and legs, and very seldom without space to swing them in, and if you have learnt how to use them in free movements you will never be at a loss.

A cat is very strong for its size; so is a bulldog. All their exercise is free-hand. A dog is almost always in movement, but a cat is comparatively indolent. You have observed how, after a nap by the fire, the cat will stretch itself on getting up, muscle after muscle, one leg after another, and extend its body like a telescope. Then it will go out of doors, rush at a tree or a fence, and go up it like a streak. The dog's exercise is chiefly in running, and it is amazing how a dog will run. I have seen dogs at the seashore run at top speed after sea-gulls, and keep it up hour after hour, and get neither tired nor winded; though on a hard road they will become footsore after a while. A cat is looser built and more supple than a dog; but a cat's strength is something of a mystery—cats are mysterious creatures anyway; their muscles, at any rate, need less attention than ours do to keep their efficiency. But animals live in their bodies; they don't deplete themselves with thinking and worrying, don't wonder what is going to happen next, or regret what happened yesterday. They need exercise, and if left to themselves, will get what they need; but we all know what becomes of cats and dogs kept indoors on cushions and fed up on dainties. Savages, too, have a better natural muscular development than civilized men; they live more in their bodies than we do. But they move about more, are less sedentary, they are like children; a boy of ten makes more movements in a few minutes than a man of fifty will in hours. These small movements, each light in itself, count up wonderfully in the long run. But a man of fifty can't afford the time to run about like a boy or animal or savage; therefore he must fix regular times for his exercise. And nature shows that many and quick light movements are preferable for the average man or woman. Once in a while, a light-weight man may have to make a powerful effort, and then he is quite as apt to succeed in it as the heavy-weight man, and, if the effort involves long sustained endurance, the odds are in his favor.

Upon the whole, after nearly seventy years' experience of all kinds, I incline to

You Can Make Money Milling Flour

One of the best paying and most dignified businesses you can get in, or put your boy in nowadays, is flour milling. On a comparatively small investment, and without any previous milling experience you can own and run the wonderful "Midget" Marvel Mill and make good money from the start.

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Self-Contained Roller Flour Mill

Saves the high freights on wheat out and flour and feed in. "The first eight months I made a net profit of over $8000," says A. H. Ling, Jetmore, Kan.; "My profits from the "Midget" Marvel average right around $40 per day," Chas. M. McKinney, Cooper, Tex.; "Was $6000 in debt when I bought my 25 barrel "Midget," and the little mill pulled me clean out of the hole long before I bought my 40 barrel mill from you," says M. A. Kamm, Oxford, Mich.

Capacities: 15, 25, 50 and 100 barrels of as fine roller patent flour a day as any mill can make. Write for free book, "The Story of a Wonderful Flour Mill," trial offer, terms, etc.

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The "BIG GIANT"

Made mechanically perfect; FOUR highly tempered nickel-steel springs, connected with our patented nickel-steel frame and sliding bars. Can be adjusted to different strengths. *"The New Gymnastics"*—our illustrated course, will show you how to develop every muscle in the body and is included with the "Big Giants" all complete; postpaid 2 for $3.00. *Send for Yours Today!*

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BAR-BELLS

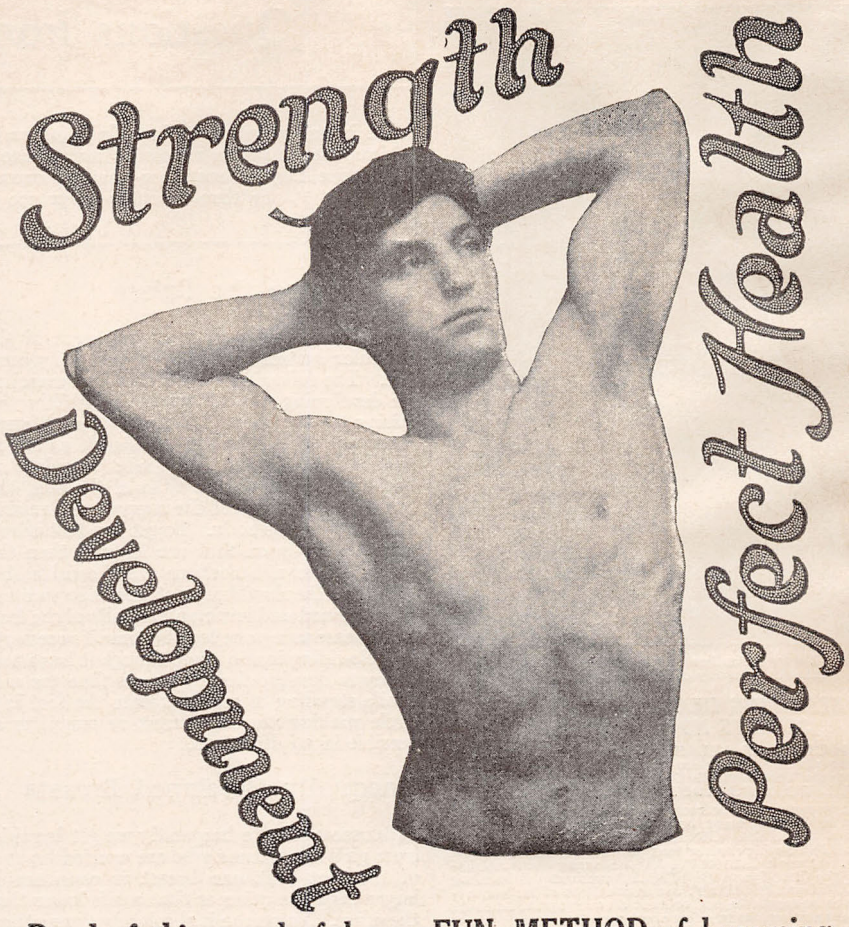
Are the quickest and safest way to Health and Great Strength, LOWER THAN PRE-WAR PRICES. Write for particulars. SAMSON BAR-BELL CO., 1214 N. Chester Street, Baltimore, Md.

favor light exercise for the rule, and heavy exercise as an exception,—speaking, that is, of indoor exercise—gymnastics properly so called. And gymnastic practice is essential to complete bodily development, and highly conducive to health, because of the activity it imposes on the internal organs. And yet no mere gymnastic practice, indoors, is so valuable for health and general bodily vigor as is energetic prosecution of those outdoor exercises which go by the name of athletics. If you have to choose between indoor and outdoor work, between gymnastics and athletics, choose athletics every time.

It would be better yet, quite the ideal thing, to do both gymnastics and athletics outdoors, but in our climate that is not always practicable. The next thing to the ideal is to assign half an hour or an hour to indoor work when you get up in the morning, and then, in addition, to give all the time you can spare to vigorous outdoor work at some other period of the day. Run, walk, swim, row, play tennis or handball, keep your lungs going at full stretch, till the pure air seems to get down to your very toes. Get into a thorough perspiration once a day at least, and then sponge off and rub down. On no account omit the sponging off and rubbing down; the rubbing down with a coarse towel is more important than the sponging off. If you have a shower-bath handy, use that for not more than one minute, instead of sponging. But the hearty and prolonged chafing of the whole surface of the body with the towel is the great thing; it should be kept up till the skin is dry. If you can get somebody to do it for you—one who knows how to do it—so much the better. It is one of the main duties of a "trainer," and no man who expects to enter an athletic competition would think himself properly handled unless he had had a thorough rubbing two or three times a day. It develops the muscles almost as much as the exercise itself, and takes the fatigue out of them. There is a scientific reason for that; but after you have experienced the effects you can afford to pass up the science.

As to bathing,—the regular daily bath has been an institution for less than a century, and I dare say we overdo it. It is still more likely that we indulge too much in soap. Soap is a quick, labor-saving way of effecting what rubbing with brush or towel, or bare hand even, will do better, for rubbing stimulates the skin, and soap does not. Frequent warm bathing, with soap, is debilitating, unless followed by a cold shower or plunge, and that is rather strenuous for the average man.

An outdoor bath is more wholesome than an indoor one, and a sea-bath is best of all,—only be sure to come out a good while before you want to. But of rubbing and massaging you can hardly have too much, and, with a short water bath two or three times a week, it will bring you near the point of perfection.



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Here is a method that will do all that and more—AND IT IS NOT A COURSE OF PHYSICAL CULTURE OR DIETING! It will build you up physically and mentally and you will develop a beautiful and well-proportioned body and powerful muscles that respond to your slightest command. You will be vitally alive and energetic every minute of the day.

Just like a wonderful game!

At the seashore, in the gymnasium, in their own homes and even at the homes of their friends, thousands follow our instructions for PLEASURE. It's just like a wonderful game—and you forget you are making a man of yourself in the sheer joy of playing it. There's no bothersome details to annoy you. Regular exercising, dieting and apparatus is unnecessary.

Thru this new FUN METHOD you become strong, healthy and well-proportioned *naturally*. Where exercise is sport it does more than bring health. It makes your troubles fly away in the exhilaration of doing what you like to do, all the muscles work together, the blood flows more freely and the brain is clearer. In fact, exercising that you do according to our method will bring you benefits a hundred-fold greater than other that you *force* yourself to go thru.

Be PROUD of your body!

You can make your body just what you like! Thousands of those who have followed this wonderful system of ours have reaped a harvest of good health and perfectly proportioned and strong bodies. It's entirely up to you what *your* development will be.

Resolve that you will no longer let weakness undermine your health and vitality. Think of your sweetheart, your wife, or loved ones at home. They want a man they can look up to, admire and respect—*and you must not disappoint them.*

Our methods enable nature to overcome such ailments as constipation, prostate trouble, nervous depletion, bad blood, round shoulders, flat chest, thinness, obesity, loss of vitality and the many other results of physical neglect and carelessness.

Just as soon as you decide that you yourself can mould your own destiny, that is the time you will begin to really live. When you decide that it is worth a few minutes of FUN each day to have a well-knit and finely put together body, you will know that the doors are opening to a happiness and success you never dreamed possible.

Fit yourself for the joys of life!

Every day the National Health Institute is helping hundreds of weak, discouraged, physical weaklings to know the real meaning of life. Thousands have told us how they have been placed on the road to success and happiness thru making their bodies a decent home for the soul God gave them. We have given them renewed confidence in themselves, a feeling of physical and mental well-being, and enabled them to attain the highest pedestal in life—*the admiration and respect of their fellow men.*

What we have done for these other men we can also do for you. Soon after receiving your first instructions you will begin to know what perfect health, strong, sinewy muscles and proper circulation mean. The nervous energy aggressive dominance and mental alertness that make others successful and leaders can also be yours. It's good, to feel that one's whole body is working in perfect harmony and each part developing naturally and co-ordinately with the whole.

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If you want to be the man you have a right to be, if you'd rather have the admiration than the pity of your friends, you will take advantage of this wonderful new FUN way to health. Fill out the coupon to-day and mail it with two dollars in cash, check or money order for a copy of our instructions. If you are not more than pleased after examining them closely, return them within five days and your money will be refunded immediately.

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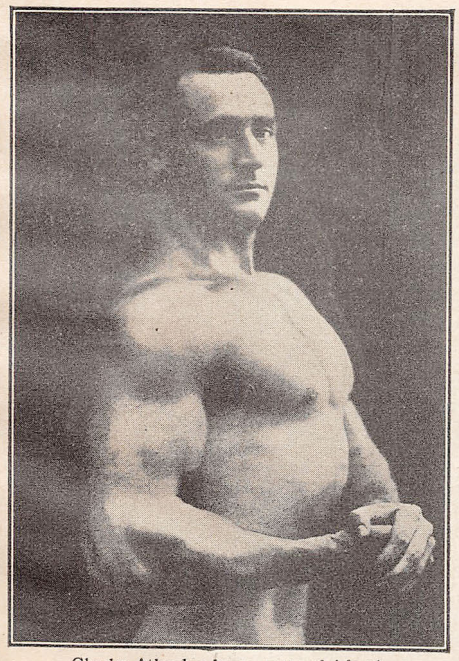

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N. B.—**THIS IS THE ONLY COURSE IN WHICH CHARLES ATLAS** the winner of the P. C. $1,000 Handsome Man Contest is connected.

Questions from Health Seekers

It is our purpose to include in these columns information that will be of general interest. Letters requiring immediate personal reply should be addressed to the Advice Department, for answers cannot be published in these columns until two or three months after receipt of questions.—THE EDITOR.

To Develop the Calves

A. D. J.—The only way any part of the muscular system can be developed is by exercise. The following are all excellent exercises for developing the calf muscles: Walking by raising on the toes at the end of each step; running; rope-skipping; and such games as handball, tennis and volleyball; standing on books or blocks on the balls of the feet, the heels over the edge of the support and raising and lowering the body. To get the best effects raise the body on first one leg and then the other; with a barbell or other considerable weight on the shoulders or otherwise supported, raise upward and lower on the balls of the feet, in this case using one leg at a time if necessary. Bicycle-riding is also good, though it has a tendency to develop the thigh more than the calf. While standing or seated, rotate the foot in a circle making the movement as complete as possible in all directions.

Unequally Developed Breasts

BLOSSOM—Quite frequently we get inquiries from girls and women who are worried because of the fact that one breast is considerably larger than the other or that one is lower than the other. No person is absolutely symmetrical and a difference in size or position of the breasts is simply one of the unsymmetrical features. Nothing particularly can be done for these cases and, in fact, it seems to be more or less natural for one breast to be somewhat the larger and this is usually the left.

Sea-sickness

C. C.—Sea-sickness is a nervous manifestation to some extent, but to a large extent made possible or aggravated by an abnormal condition of the gastro-intestinal tract, particularly of the stomach itself. There may be an eye-strain which makes the sickness more liable to appear. The treatment should begin before the person goes on the water. For two or three days the diet should be very limited or for the day before nothing but oranges or other acid fruit should be taken, together with considerable water. The bowels should be cleansed well by laxative foods for the first week or ten days before and by the enema immediately before the trip, and possibly during the first few days of the trip. Physical activity on deck is usually better than remaining in one's stateroom as the fresh air is somewhat of an antidote. The taking of the juice of a lemon quite frequently is very sedative and will prevent many violent vomiting spells. Most remedies prepared for this condition are failures or are injurious as depressants. If one keeps his physical condition and particularly his digestive apparatus in the best condition possible, he will be very little bothered with this disturbance.

Fletcherism

S. S. S.—While it is necessary for a person to be careful to masticate food quite thoroughly, it is really rather foolish to carry mastication to the point where the number of jaw-movements for each mouthful are kept track of. As foods vary in consistency so greatly, one would have to have quite a list of the different foods with the particular number of "chews" designated for each variety. This would make eating a bore and it would bring on indigestion in nine cases out of ten because of wrong mental attitude. Chew each food until it is soft enough to be swallowed without difficulty. Soft foods such as cereals should be masticated several times, but the number cannot be determined—the saliva flows much more and quicker in some cases than others, even with the same food. The rate of mastication also determines the comparatively slow secretion of the salivary fluid. If you eat natural foods, you will be obliged to chew about the proper time.

Increasing Height

TINY—Sometimes a person grows considerably in height after the age of nineteen, though this is not usual—still your bones are not so mature but that some growth is possible. It is too late at this time to make any decided change in one's regime, either diet or exercise, sufficiently to bring about this increase. Proper living must have continued for many months before—in fact, a number of years before. The only thing that offers help in gaining height is exercise inclined to stretch the spinal column. This must be done very carefully or more harm than good will result. Too rapid a gain must not be expected. Suspension by the arms from bars may have some effect. A harness going about the chin and back of the head, attached to a rope going through a pulley on the ceiling, the other end of the rope grasped in the hands, gives a good contrivance for stretching the full length of the spine, especially if the feet are in straps fastened on the floor. Five minutes once a day for several days and then twice a day give enough time to devote to this.

Spasmodic Voice

P. M. M.—Your shortness of breath and uncertain, harsh voice are probably nervous manifestations though there is probably some spinal disturbance. It is possible that there is a mechanical obstruction or a defect in structure, but this can quite easily be determined by examination and X-ray. Your nervous energy generally is below par, and a general constitutional upbuilding regime would be advisable. This should be the fast and the milk diet, to overcome toxemia, and exercise to the point of perspiration, followed by cold sponge or shower baths, sun and air baths, osteopathic or Swedish Manual manipulations. At least once a day, it would be well to splash or spray cold water over the neck, throat and upper chest, rubbing well afterward to bring about the reaction. Massage of the throat would also be good, but should be done by someone who understands the method.

Heavy Exercise for a Girl

E. B. P.—A girl five feet, eight inches tall is somewhat slender at one hundred and forty, but as you are only eighteen you will probably become considerably heavier. Regular exercise with four-pound dumb bells should not be too strenuous for you, but should help to keep you from becoming undesirably heavy if such is your inclination. You could take even heavier weights than these without any harm if you were careful not to strain muscles of any region. You need have no fear that such light exercise will produce a stiffness of the muscles or that it will have other than beneficial results so far as the ability to give birth to children is concerned—providing, of course, that common sense is used in the exercise chosen.

What We Know and Don't Know About Food

(*Continued from page* 47)

imitate as closely as possible with an artificial machine the natural conditions of the hen's nest. One of these conditions was that the tops of the incubating eggs were several degrees warmer than the bottoms of those eggs. That was conceded a necessary principle in incubator construction, and the machines were so made as to heat the tops of the eggs about five degrees hotter than the bottoms, just as they were found in Mother Nature's nest over which her daughter Biddy presided.

Now it so happens that about fifteen years ago the present scribe was a young scientist in the Department of Agriculture. One day this subject of incubation was under discussion and I facetiously remarked that "The reason the tops of incubating eggs were warmer was because the hen sat on the top of them, and that she sat on the top of the eggs because she found it difficult to sit on the bottom of them." From that remark came the idea that the incubating eggs would actually be better off if heated uniformly to incubating temperature and that top-heat in incubation was *natural but wrong*. The idea was developed and led to the invention of the large room, or fan system of incubation, which is to-day rapidly revolutionizing the industry.

Are you still skeptical, and do you hold that nature is perfect and that all we can hope to do is to eliminate the more recent errors of civilization and get back to the good old days when men sat under the bread fruit trees and ate bread fruit?

Man is an animal, and animals are forms of life. Nature evolved life, and nature was imperfect—the hen warmed only the tops of the eggs because she could not sit on the bottoms of them.

Let me tell you something about plants and nature. The plant breathes carbon dioxide and there is about three-tenths of one per cent, of this plant-feeding gas in the air. Over in Germany there are some scientists who are experimenting with nature. They are filling the air with "poison gas," that is, carbon dioxide. They are putting about twenty-five times as much of this gas into the air of greenhouses as nature intended and they are growing potatoes and beans and berries and flowers, and God knows what all, in that gas-laden air. The result is that these plants are growing and yielding two to three times as fast and as much as before.

Because it is the Germans who are doing this and the Germans are hard up for capital, this discovery, which in my mind is the greatest discovery in the history of agriculture, isn't making much headway as yet. But come back in fifty or a hundred years and you will find the surface of this world covered with vast areas of glass and the flues of all our factories and furnaces belching carbon dioxide into this glass covered area and producing vegetables and fruits and flowers for human food and human pleasure upon a scale that will mean that the ultimate possible population of the globe will be doubled or tripled.

Now let me cite a recent example of equally striking progress in the science of nutrition. Agricultural scientists have been working on animal nutrition problems for many years, and working better than upon human nutrition problems because there was more money appropriated for the purpose and because experimenting was more feasible. At the time I was in college we thought we knew how to feed chickens and pigs and cows. We balanced the rations with certain amounts of protein and calories and issued bulletins that told the farmers just how it should be done. For fifteen or twenty years those rations were considered about perfect, and were not materially changed. Take poultry feeding, with which I happen to be most familiar: There were rations published by Cornell (New York) and the New Brunswick (New Jersey) stations, and these were fed by the most advanced poultrymen. It was the best science could do, and here is what it did.

Average weight of Leghorn chicks attained at the age of six weeks at the Cornell Station, one hundred and eighty grams, the same at the New Brunswick Station, two hundred and forty grams. Then came the new theories of vitamines and knowledge of differences in protein quality and a branch station at Vineland, New Jersey, compounded and tried out a new ration and grew six weeks chicks to *four hundred grams*.

The previous results average two hundred grams, scientifically fed too as far as science knew, and then presto, chicks of the same age, weighing double the amount! Yet Rube says there is nothing in food science, and if there were anything in it the scientists with all their experimenting ought to have found out all about it long ago!

Now just suppose these had been children instead of chickens—to translate it into analogous weight and ages and place it on a national basis,—and we have:

Weights of children at the age of six years:

French children	36 pounds
English children	48 "
German children	80 "

If you read that in the newspaper you would be getting ready for the next war right now.

THE APOLLO BELVEDERE

The Food that Built the Bodies of the Gods

Send for FREE Sample Today

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WHOLE wheat contains the twelve mineral salts vital to life. It protects health; builds body and brain.

Wheatsworth Crackers are REAL whole wheat crackers, giving you all the nourishment in the ripe wheat grain. Their fresh tender crispness will make an instant appeal to your taste. You will like their delicious nut-like flavor. They bring to you, in modern form, the food that built the god-like physical perfection of the ancient Greeks.

Wheatsworth Whole Wheat Crackers are fully endorsed by such authorities as Alfred W. McCann, Dr. Harvey W. Wiley, Luther Burbank, Dr. J. H. Kellogg, etc. You are invited to try them. Fresh from our ovens direct to you.

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Send for Generous FREE Sample Package

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I enclose 4 cents in stamps to pay for postage on Free Sample of Wheatsworth Whole Wheat Crackers to be sent to me promptly at the address here given.

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But back to nature. Is it natural for the six weeks old Leghorn chick to weigh two hundred grams or four hundred grams? We formerly thought that two hundred was "normal" because it was the best we could do with average lots on what we considered a correct diet. But with the progressive scientist the *normal* is not the end sought but the *optimum*. Remember that word, it means the best or the maximum of efficiency. There is an optimum diet for chick growth and child growth, an optimum diet for the production of health, muscular and mental energy, and of longevity. We don't know exactly what it is but we are trying to find out. We don't know that it is the same for these variously stated ends, but we believe it is similar.

McCollum, the leader in this new field of biological investigations of food problems, states that so far as he has been able to learn, the same general type of diet that will produce the optimun growth in young animals will also produce the optimum health and vigor in maturity and the maximum length of life. He observes this to be true of rats and assumes it to be true of humans. If so it upsets a lot of ideas we have had in the past. Whether with similar or with different diets, we shall yet discover how to lengthen the period of effective human life—by growing quicker and by living longer. We have found a diet that will make young chickens grow twice as fast—suppose we find a diet that will make old rats live twice as long. And then suppose we find the human analogues of these diets! Perhaps Adam did live to be six hundred years old and the apple may have had all the vitamines in it that we haven't yet discovered!

But just why, if such things are possible, do we not immediately proceed to solve these problems and find out once for all of just what the optimum human diet or diets should consist?

To answer that question I will have to introduce you to another favorite word of the scientist. Thomas A. Edison, when once asked how he accomplished so much, answered, "I never tackle a problem with more than four *variables*."

The fewer the number of variables the easier is the solution of an experimental problem. Let me illustrate. Suppose we wished to find out the optimum amount of salt (sodium chloride), for the diet of a rat. What we would do would be to *guess* at the optimum amount, and we will say our guess is one per cent. Then we arrange an experiment with perhaps ten groups of rats and feed them salt as follows:

1. . . No salt	6. 1½% salt
2. . ⅛% salt	7. . 2% salt
3. . ¼% salt	8. . 3% salt
4. . ½% salt	9. . 5% salt
5. . 1% salt	10. . 10% salt

Now perhaps we will find that group 10 will be killed outright and 1, 2 and 8 and 9 will be killed more slowly, while

groups 3 to 7 will all live, with groups 4 and 5 doing equally well and a little better than groups 4 and 3, and 6, and considerably better than group 7. We have thus defined our approximate range of the salt optimum and we repeat the experiment with, say 10 more groups of rats more finely graded between ¼ per cent. and 1½ per cent. and are thus able to place the optimum as being between ¾ and ⅞ per cent. of salt.

That is a way a problem with one variable is solved. While solving it all other variables must be eliminated from the experiment. That means that other diet factors, and temperature, and a dozen other conditions that affect rat life ought to be held constant for the whole experiment, including the variable or inherited differences between individuals, which can never be wholly eliminated and always represent a possible error in experiments on living creatures.

But now suppose we also wish to know the optimum amount of calcium in the diet of a rat. We can proceed as above to find it, or we can work on the calcium problem first. But now suppose, whether we know it or not, the requirement of sodium chloride is affected by the supply of calcium—and such relations constantly exist between various factors of diet. Then our problem becomes one of two variables. And to be sure of covering all possibilities of such a problem we should try each degree of concentration of the salt with each degree of concentration of the calcium. With an experimental range of ten degrees of concentration for either mineral this will require one hundred groups of experimental animals.

On this same principle three variables will necessitate a thousand experiments, and four variables ten thousand—which is the Edison limit.

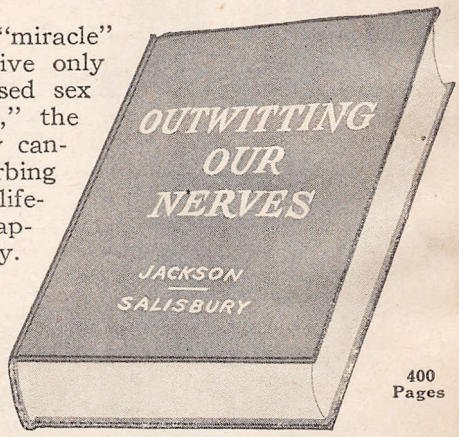
Now the problem of the nutrition of the higher animals, including man, contains, according to our present knowledge. between thirty and forty chemical variables. The list includes the eighteen amino acids which combine in different proportions to form the various food proteins, and which present knowledge indicates cannot be transformed into one another but must be separately supplied in the diet. There are from nine to eleven mineral elements, and we are by no means positive that some of these minerals may not be required in more than one compound form. Next we have the oxidizable fuel supply, formed of fats, starches and sugars, all serving the same general purpose in metabolism but not necessarily serving it equally well. To this we must add cellulose, serving a mechanical function in digestion, and water, and last, the mysterious vitamines, those substances that we know by their effects, but of which we do not know the chemical formulas.

Now suppose the list were definitely

(*Continued on page* 137)

Are You Shackled by "Repressed Desires"

PSYCHO-ANALYSIS, the new "miracle" science, proves that most people live only half-power lives because of repressed sex instincts. "Outwitting Our Nerves," the clearest, simplest and most daringly candid book ever written on this absorbing subject, is freeing hundreds from life-handicaps to Success, Health and Happiness. Send for your copy to-day.



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Are you a slave to dissatisfaction, lack of confidence, a sense of being alone and shut in to yourself, doubt, anxiety, fear, worry, self-depreciation, lack of interest in outside affairs, pessimism, a fixed belief in your own powerlessness along whatever lines it may be?

These and hundreds of similar complaints are generally a matter of "nerves." Seventy-five per cent. of all cases of ill health and mental inefficiency are due to disjointed thinking. The trouble is not physical but psychic. It is caused not by lack of energy, but by misdirected energy; not by overwork or nerve depletion, but by *MISCONCEPTION, EMOTIONAL CONFLICT, REPRESSED INSTINCTS and BURIED MEMORIES.*

Science has discovered that our sub-conscious mind — the submerged nine-tenths of the human mind—frequently behaves like a very devil within us. On the other hand, when rightly used, it can become our greatest asset. An understanding of our inner self not only eradicates the difficulties that hold us back but reveals new sources of power almost superhuman.

A Startling Discovery

The world is indebted to Sigmund Freud, a Viennese psychologist, for a remarkable discovery, which overshadows the discovery of radium or even electricity. In 1882 Freud began a series of experiments which led him into paths hitherto forbidden. When he reported to the world that out of hundreds of nervous patients he was unable, after the most careful analysis, to find one whose illness did not have some relation to the love life of the patient, he was met by a storm of protest from all quarters. People had been taught to look askance at the reproductive instinct and to shrink from realizing the vital place which sex holds in human life. But despite public disapproval, the scorn of other scientists and the resistance of his own inner prejudices, Freud kept on.

To-day the scientific world admits his theories were correct and that his methods will free people from obsessions, fears and physical symptoms — *before which other methods are powerless!*

Freud's Daring Teachings in Plain Language

Up to recently this wonderful discovery has been cloaked in mystery. Literature on the subject was so technical and involved that it could only be understood by the professional reader.

A new book, "Outwitting Our Nerves," has just been published based upon the personal practice of Dr. Josephine A. Jackson, one of the foremost exponents of Psycho-Analysis in America. This book explains just what Psycho-Analysis is. It is written in such a simple and interesting way that Dr. Jackson's methods can be understood and practiced by any one.

What Critics Say

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"A boon to many readers of this nerve-wracked generation."—**N. Y. Evening World.**

"The book is clear and detailed in its explanations and cannot fail to be of intellectual, spiritual and physical stimulus."—**Baltimore Evening Sun.**

"Outwitting Our Nerves"

"Outwitting Our Nerves" is probably the clearest explanation that can be made of the recent startling revelations of Psycho-Analysis. Dr. Jackson during the past ten years has removed so many burdens of pain, fear and disability through Psycho-Analysis that her patients speak of her in terms of the miraculous.

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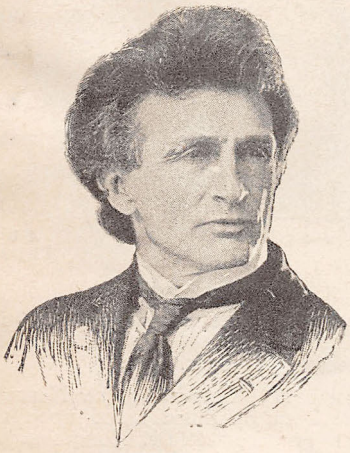

Bernarr Macfadden
"Father of Physical Culture"

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Some of these letters go into such complete detail regarding the success obtained in treating widely prevalent ailments that they cry out loud to be published for the benefit of the thousands similarly afflicted. The following is a typical case,—

MR. BERNARR MACFADDEN,
c/o PHYSICAL CULTURE CORPORATION,
New York City.

Dear Sir:

"The Miracle of Milk" is not simply an expression, but a fact of importance. My experience is, perhaps, worth telling you, and may possibly have some value in your records.

For about thirty years I have taken cathartics, and of late every day, the dose gradually becoming greater. From bilious attacks I have gone on to what was described as acute indigestion, also frequent sick and dizzy spells, when Castor Oil and other remedies were prescribed and different doctors whom I consulted at such times would speak of my system being poisoned in some manner.

In a copy of PHYSICAL CULTURE which I picked up, and for which I later subscribed, I noticed an article on milk, and later in response to an advertisement sent for the milk lessons, but being from home so much did not make use of the treatment for some time, which however much interested me. Returning from New York in November last I had a nasty sick spell, and concluded it was time to look after my health.

I took the milk diet exactly as instructed, taking no cathartics, and finally becoming regular. At the end of a month I had gained in weight seventeen pounds. I then started on ordinary food but did not relish it, going back to milk, three quarts a day with prunes, raisins, dates, which seemed to satisfy every demand of the appetite, my weight going back five pounds, and then remaining constant.

About a month ago the desire for other food returned. The most curious thing is that, while I have always been fond of coffee, and have smoked for forty-five years, I have lost all desire for both, and have taken neither since November, but just a glass of milk at meals. I am wondering if wings will come; at any rate I have had no sick spells since and am hoping.

After ceasing the full milk diet constipation returned to some extent, when I sent for a copy of "Vitality Supreme," and am now quite regular.

Meeting my old doctor this morning, he remarked how well I was looking, and I told him I had discovered a fine new medicine. He asked what it was and I replied, milk. He said, "Stick to that and you will add years to your life." Is there not somewhere the lament, "If I had only been told before."

Very sincerely yours.

The gentleman who wrote this letter requested that we do not mention his name in print. We have it on file, however, and will gladly furnish further information to anyone desiring it.

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BY BERNARR MACFADDEN

is available in the form of a six lesson course. Simply written, easily carried out, with a marvelous depth of wisdom born of the widest kind of experience, the instructions tell you just what to do, *what not to do*, what to watch out for, everything in fact, that you could possibly need to know in order to get the last vestige of physical benefit from the exclusive milk regimen.

Now we ask you fairly, if you are weak and run down or in the grip of some chronic disease, or if in any way you are engaged in a struggle for health, can you afford to ignore such a treatment as this, where you have *everything to gain* and *nothing to lose*, where, whatever the outcome, the benefits derived will far exceed the time and trifling expense devoted to it?

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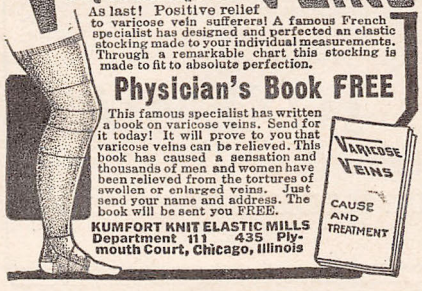

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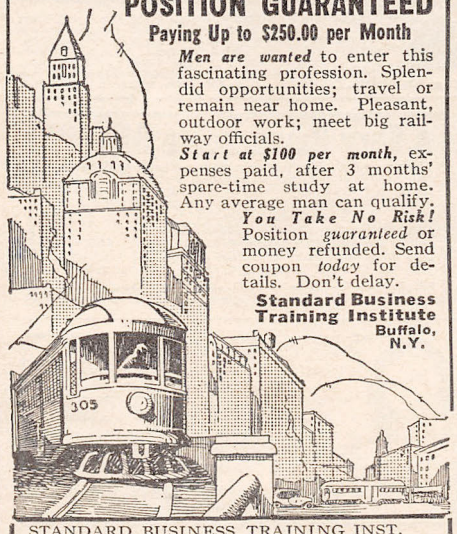

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(*Continued from page* 135)

and finally known and that there were just forty of these elements of nutrition all in bottles and nicely labeled and set on a shelf. And suppose we were to plan one grand experiment and give each variable a range of ten quantities from zero up to its possible maximum. The number of experimental cages thus required to solve the problem of rat nutrition would be a number containing forty ciphers. Which means that if the cages were one foot square and set in a row and you struck a light at one end, it would take two hundred billions of billions of billions of years for the light to reach the other end of the row of rat cages. So you see why Mr. Edison, who is a practical man, doesn't tackle problems with forty variables.

In that absolute and final sense that problems of mathematical or mechanical science may be solved, we must admit that all problems of nutrition, in fact all problems of biology or life, are unsolvable.

If they were solvable I have a strong suspicion that we would solve the problem of immortality. We might also produce giants in these latter days—who would be very useful in making fairy story movies.

All we can get is approximate solutions. We will get these by constantly experimenting with various food elements in various proportions that we *guess* from theoretical considerations to be better than those in common use.

By this method we will continue to eliminate disease, as we are now doing. We will prevent premature deaths and lengthen life somewhat and hasten growth and increase stature and strength and beauty of body—and power of mind.

Since it is utterly impossible to try all possible diet combinations, the method of progress must be from experiment to theory and theory back to renewed experiment—a combination, the logicians would call it, of deductive and inductive reasoning. Thus the superior chicken feeding methods at the Vineland Station were an effort to apply the new theory of the distinctive qualities of the so-called protective foods, milk and green leaves. Those chickens were fed more buttermilk and green alfalfa than chickens have hitherto been fed. These are not new chicken feeds but old feeds which were fed in new proportions. The theory led to experiment and the experiment will lead to improved practice.

Or again at the Wisconsin station they have been trying to find out how to grow chickens, as rats and pigeons may be grown, from birth to healthy maturity in small laboratory cages—a problem that any practical poultryman would tell you was unsolvable. They tried vitamines from the usual sources and failed. They have tried cod liver oil as a source of fat soluble A and seemed to have succeeded. I am checking that experiment now at my laboratory. I have already found that the amount of fresh greens which shut-in

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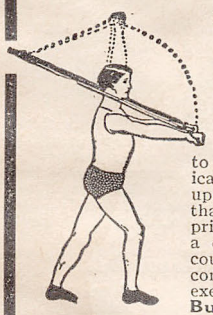

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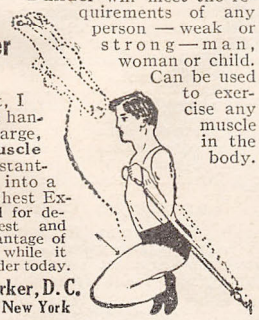

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chickens will eat will not always prevent the development of leg weakness and I am trying the feeding of much larger proportions of desiccated greens and comparing this with cod liver oil.

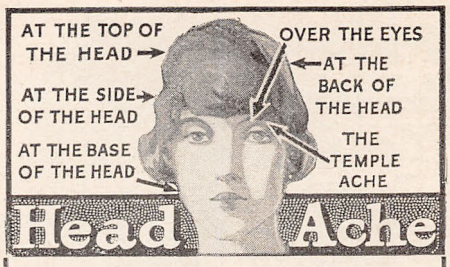
Milk or greens will not prevent the development of leg weakness in shut-in chickens, and milk and greens are for other animals a sufficient source of the fat soluble vitamine. So here we have an experiment leading to a new theory that cod liver oil contains a fourth vitamine which perhaps outdoor chickens get from insects. I have heard that McCollum has made some such recent discovery in regard to rickets in children, and maintains the presence of a fourth vitamine in cod liver oil. But I am not clear about this as I have not yet seen a report of that investigation.

Leg weakness in chickens seems to be the chicken variety of rickets (or defective bone growth). If we learn how to prevent leg weakness in shut-in and artificially fed chickens, perhaps we will have also solved the problem of human rickets. Cod liver oil may be the preventative of both troubles—but then the question arises as to what it is in cod liver oil that prevents these diseases. For we don't want to have to be doping our chickens or children continually with cod liver oil. It is too expensive to feed chickens and too smelly to feed children. Moreover, well-fed children do not develop rickets, only we don't know just why and hence cannot say just what it is that must be used to prevent rickets in the children that are not so generally well fed.

Here again our friend Rube's opinion is not without interest. Rube says that if well-fed children of the prosperous classes don't get rickets and the children of the poor do get rickets, then instead of hunting for the rickets vitamine we should give the poor man better wages so he can feed his children like his more prosperous neighbor. There's a lot of common sense in that idea, but it is not so easily put into practice. The problem of giving the poor man more money is the biggest problem in the world, and sometimes it seems that hasty efforts to solve it result, not in supplying the poor man's table with strawberries and cream, but in denying it bread and potatoes.

The idea of making bread the bearer of vitamines and minerals is the plan which I believe can be depended upon to effect the greatest progress toward an adequate diet in the shortest time.

To make bread a complete food so that the more one eats of it the safer the diet will certainly give a great degree of insurance against food deficiency. As it stands now every slice of white bread eaten depletes the diet and increases the danger of malnutrition—whereas even whole wheat bread, though greatly superior to white, does not carry its full quota of the most needed nutriment and cannot be depended on to overcome the



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defects of an otherwise deficient diet. I believe that both forms of bread can be vastly improved and bread be made a real bulwark against otherwise defective diets.

There is not the slightest argument against such a bread, except that of increased cost, and the most expensive element that need go into perfect bread will probably be the skimmed milk now fed to hogs.

The farmer may object to the city children thus robbing the farm hog, but the hog can be grown quite as readily on tankage and alfalfa. There are forty-billion pounds of skimmed milk now fed to American farm animals per annum—or a pint a day for every person in the country. The turning of this wealth of high quality nutriment into the human stomach is one of the biggest ideas in the world for food reform.

Skimmed milk lacks the butter fat with its high content of fat soluble A. But commercial skimmed milk is by no means wholly devoid of fat soluble A and if used in liberal quantities supplies this vitamine to experimental animals. We humans get the butter anyway and the skimmed milk with all its other highly valuable elements of nutrition is lost to human use.

This diversion of three-fourths of our milk crop away from the human diet is one of colossal extravagances and follies of American industry; and the salvaging of this milk is one of the greatest opportunities for improving human nutrition and human efficiency. Here is something definite and practical to be done and we are going to help do it.

Why Not Prohibition of Deficient Bread

(*Continued from page* 44)

Why not prohibit the sale of the deficient bread and solve with one stroke a problem that would take generations to solve by the slow creeping of knowledge into the muddled mind of man.

Bread is the one food used by all. It is the one food of which the poor, who suffer most from dietetic deficiencies, eat more than do the prosperous classes whose more varied diet serves in a degree to protect them against food deficiencies.

Bread and fat pork, bread and oleomargarine, bread and tea, bread and molasses, or bread and water are the diets of poverty. Advocate the use of more expensive foods and you help only the reading and prosperous public to improve their already more adequate diets. Make bread and bread stuffs right by law and you improve the diet of all, but you improve chiefly the diet of those who now suffer most from dietetic deficiencies and mal-nutrition.

Formulas and methods for making bread efficient are being worked out now. As Alfred McCann told the readers of PHYSICAL CULTURE in the Octo-

How to Cure "NERVES" "THE BLUES"

Nerves, the Blues, Insomnia, Nervous Exhaustion, "that Tired Feeling," are usually only Symptoms of a Common Disorder that Is As Curable as a Common Cold by Simply Removing the Cause

A British surgeon who had been shell-shocked, was unable to obtain relief from the best of specialists. A friend loaned him a copy of "WHY THE BLUES." In a month he was well enough to return to his practice.

Many of our troubles, including Mental Depression, the "Blues," are due to a disease fashionably called Neurasthenia. And Neurasthenia is simply a state of exhaustion of vital resources, practically always due to *unnatural habits of life!* It may be most often traced to errors in diet (constipation and auto-intoxication) or other departures from the physiologic laws which govern man's physical being.

Neurasthenia has come to be so prevalent that in this country, at least, it has become almost a national malady. Thousands of persons suffer from neurasthenia ("nerves") who are unaware of the fact. They know that they are irritable, confused, miserable and failing in efficiency, but they do not dream they are ill, and least of all do they suspect that their miseries are due to errors in habits of life which are easily corrected.

Learn How to Live, Read and Study "Why the Blues"

"Nerves," Neuralgia and Chronic Fatigue or NEURASTHENIA
by J. A. Kellogg, M.D., L.L.D.
Superintendent of the Battle Creek Sanitarium

The cure of neurasthenia lies in returning to nature, in conforming with the great biologic laws which control over the functions of the mind and body.

In his great work, "WHY THE BLUES," Dr. John Harvey Kellogg, head of the world famous Battle Creek Sanitarium shows you how to live the natural life, and gives you the measures that have been successfully employed in the treatment of many thousands of neurasthenics.

Partial List of Contents

Neurasthenia:
Its Causes and Cure.
The Brain and Nerves.
Chronic Fatigue.
Nervous Prostration. Depression — Worry —Insomnia.
Toxic Neurasthenia: Constipation—Fatigue—Treatment of Toxic Neurasthenia, Anti-Toxic Diet.
Drug Neuarsthenia: Tea and Coffee—Tobacco—Alcohol—Treatment of Drug Neurasthenia.
Religious Neurasthenia.
Sexual Neurasthenia.
Christian Science.
Hypnotism.
Worry — How It Kills and How to Cure.
How a Neurathenic Should Live.
Nervous Dyspepsia. "The Blues."
Simple Remedies for Neurasthenic Miseries Insomnia — "Blues" Fidgets—Palpitation of the Heart—Mind Wandering — Headache — Backache—Eye Tire — Neurasthenic Ears—Cramps — Cold Hands and Feet — Sweating Hands and Feet — Trembling—Stomach Trouble.

Why Suffer When You May Easily be Well?

Dr. Kellogg's book shows the sufferer from "nerves," fatigue and despondency the way out of his troubles—a short, easy road that's pleasant to travel and leads to physical fitness, efficiency, good cheer and good health. Read the partial list of contents of "WHY THE BLUES" printed here. Note how complete and comprehensive a work on the subject of neurasthenia this is.

Dr. Kellog, in his notable book, tells you in plain, simple everyday language, just what to do in the treatment of the various phases of neurasthenia. He gives you specific instructions to follow which are sure to bring beneficial results.

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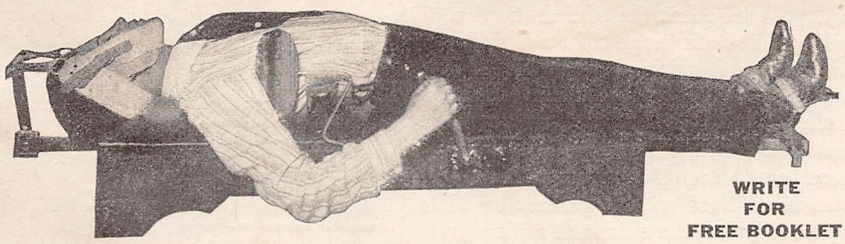

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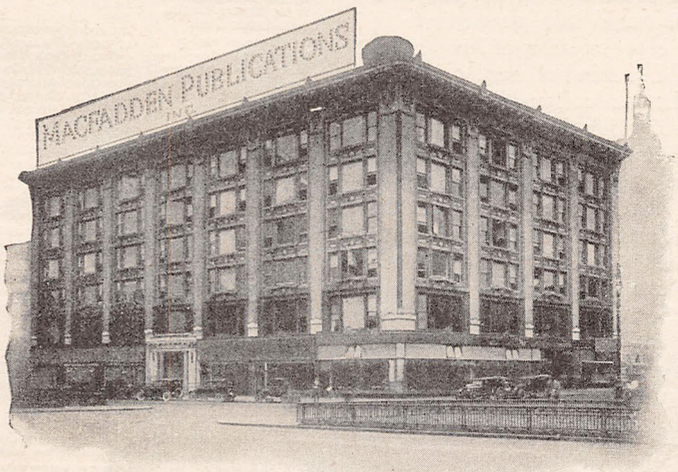

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ber issue, one of the world's largest bakeries is on the job now and believe they have the problem solved. It may not prove the final solution, but it is certainly progress in the right direction, and other scientific men and commercial institutions will follow suit.

As for the framing of laws, if it comes to that, a commission of leading food scientists from our great universities could be depended upon to solve the detailed problems involved in much quicker time than the legislators could be educated to the need of legal action to prohibit the sale of the deficient products.

The form of legal action should not be to prescribe exactly *how* flour or bread should be made but rather to define *what essentials* it must contain or how it should *not be made*. The required standard of composition should apply to all forms of breads and breadstuffs. White bread is now the most defective and its correction the most important. But the deficiencies of whole wheat, rye and corn derived breads should not escape the action of the law.

Whole wheat bread will need less change to make it dietetically complete. Moreover, it will always have the additional advantage of containing the bran, which is beneficial in correcting constipation—but this is an observable and individually variable effect and should not be made a matter of law. But the lack of invisible mineral and vitamine elements is a danger from which the public cannot protect themselves unless everyone masters food science. We have very good laws to keep harmful chemicals out of our foods, and it is just as important that we should have laws that will require the presence of the essential chemical elements.

To class the kind of bread that mother used to bake with the kind of whiskey father used to drink will seem absurd to some minds and many will refuse to take the idea seriously. Yet the waste of human life and health from deficient foods is a deadly serious business, and probably a greater destroyer of human efficiency than alcohol ever was.

The prohibition of alcohol met with determined opposition, but the prohibition of deficient bread need meet with no such opposition because the efficient bread need not differ materially in taste and appearance from that which we now use. Millions of people would eat it without ever knowing what science has done for them.

Make bread a complete and efficient food that will alone support growth, reproduction, health and longevity in experimental animals, and we have gone a long ways toward making any ordinary diet safe for humans.

To make it possible for man to live by bread alone does not mean that he should live by bread alone, or that a variety of other foods will not still be valuable in the diet. But efficient bread will insure a safe minimum intake of the vital food elements and that will eliminate the major

portion of mal-nutrition, stunted growth and deficiency diseases—while at the same time improving the general efficiency of the diet for all classes.

It is a way, a comparatively simple and inexpensive way, to prevent hundreds of thousands of needless deaths and millions of cases of weakness, inefficiency and disease.

PHYSICAL CULTURE espouses this cause, and we are going to do what we can to bring it to consummation. Progress will be reported in these pages.

We Must Tell Our Young People the Truth

(*Continued from page* 63)

use whatever influence the position offers to interest the people of this state and country in the matter of sex education.

I am no advocate of any promiscuous sex educational program. There is a way to impart sex knowledge judiciously and with great benefit. When children arrive at that point in life when, because of certain physical changes in themselves, they become mentally curious as to the difference between the sexes it is time enough to begin their sex education.

I have been asked time after time why I stand for a program of sex education to be carried out in our American schools.

My reply is ever the same:

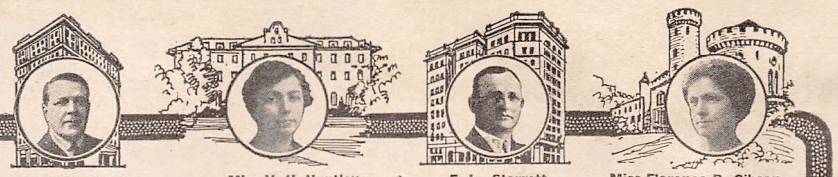
Because I am conscientiously convinced that boys and girls, especially girls, ought to be equipped with a fundamental knowledge of sex, as well as knowledge concerning their lungs, digestive systems and other organs of the human body.

Believe me it does not pay, physically or morally, to send young girls out into the world with flaws in their education. A girl who has been taught nothing of sex matters is only superficially equipped to battle against the forces of the flesh and the devil. And yet, every June, thousands of beautiful young buds go forth to blossom in the vineyard of Life without the slightest hint of sex knowledge.

I am not theorizing. I write from the cold, cruel facts of life as I have seen them in my practice as a doctor and a state official.

It is time to pull down the curtains of Sham Modesty and to face the fundamental facts of life with a desire to bring clean sex enlightenment to the minds of the growing boy and girl. We must not allow them to make all of their discoveries about sex from salacious conversations or lurid and impassioned novels. Our sham modesty is nothing more than an outgrowth of sentimentalism when it comes to a consideration of such subjects as the true origin of human life. I am not decrying all sentimentalism. Please mark that! A poetic conception of love, of motherhood, based upon the true facts, casts a glamor about such things that

(*Continued on page* 143)



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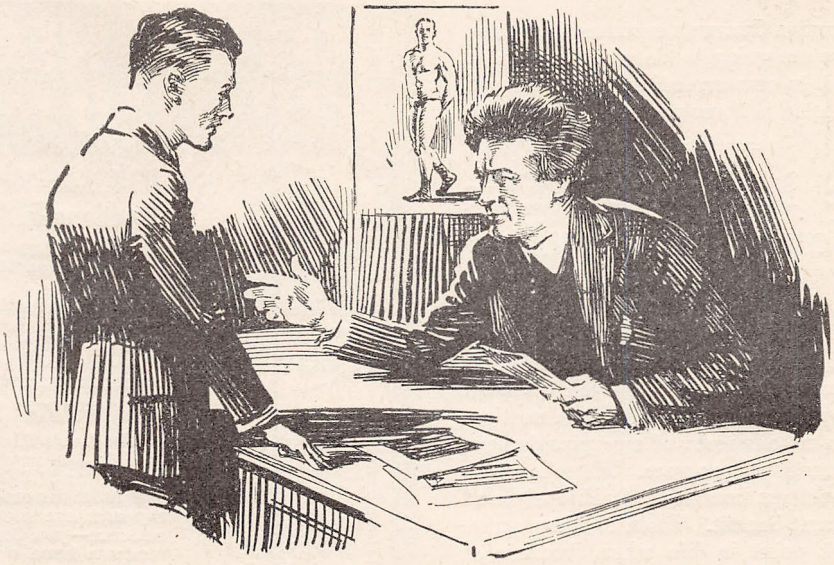

At last, a man has dared to speak the truth,—the plain unvarnished truth. At last, a light has been thrown upon the darkness of prudery and ignorance which has so long surrounded questions of the most vital importance. At last, a revelation has appeared,—a revelation through which more than 75,000 men and women have found peace and contentment, happiness and health.

Bernarr Macfadden has accomplished something never before attempted. He has dared public disapproval to tell people what they needed to know. He has dedicated to the young manhood of the world the fruits of his lifelong study and experience as teacher, physical culturist, and philosopher. He stands alone, the pioneer who points the way through an uncharted wilderness of ignorance the glorious goal of complete understanding.

The Truth About the Sex Question

People have at last begun to realize that the immense importance of the "sex question" will no longer allow it to be hid away as a thing to be ashamed of. We are living in an age of plain thinking and frank speech. Subjects spoken of in whispers ten years past are now discussed freely over the lunch table. Why is it, then, that the most important question in the world—the question upon which the future of the human race depends—is kept a dark and mysterious secret? Why is it that so many young peoplie are allowed to stumble along in blind ignorance, often wrecking not only their own lives, but lives of others as well, when it is so easy to teach them? Why?

Seeing the fearful misery everywhere about him, brought about by unfortunate marriages, separations, divorces, sickly children, and premature deaths, Bernarr Macfadden decided to kill forever the demon Ignorance which made these things possible. "Manhood and Marriage" is the result.

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(Continued from page 141)

enhances them in the heart of man. But we must not allow beautiful sentimentalism to obscure the vital issues of life.

Let us be neither too bold nor too reticent about the business of educating our children along lines that will conclusively and carefully present to them the two opposite, and yet integral, missions of man and woman.

Today our schools send their girls out into the world with a smattering of French, domestic science, mathematics, English and perhaps subjects which polish them for the drawing room, but they never send girls out with a knowledge of how to avoid or evade certain occasions which may lead to sin and suffering. They never send a girl out with a conception of what she has to expect from the great mystery of Life itself. Were this done effectively, most flirtations, dissipations and wrong-doing would not exist. The affections are like rivers—you cannot dam them up. If they do not empty into the ocean of life through the right moral channel, they will most assuredly run in the wrong direction.

Our schools train children theoretically and conclude that they are educated, whereas the practical part that fits them to come in contact with human nature and the world has been entirely left out. Unfortunately, what most girls know about the character of men, and of their own sex, is what they have gleaned over the midnight lamp from some highly colored novel.

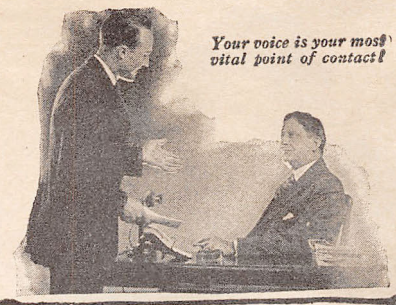
A girl knowing absolutely nothing concerning the functioning of her most important organs may marry within a few months after graduating from high-school or college. Do you conscientiously believe it is fair to let a girl take up the grave responsibilities of wifehood and motherhood without realizing fully what is before her?

The more we make a subject forbidden the more human nature wants to find out about it. To institute an elementary sex course in our schools would remove the lure of the forbidden from the text matter. In a short time children would accept classroom sex knowledge in an entirely different light than they do sex knowledge obtained clandestinely.

Of course an adult cannot explain sex matters to a girl of fourteen as she can discuss them with a mature woman. But, in a very simple and refined way, a capable teacher can approach all of the points which come under sex discussion without making the student conscious of digesting anything more than an ordinary lesson in physiology.

In order to ground a boy or girl in any kind of sexual knowledge I would start by teaching them about the very origin of life. It is fallacious to allow them to go on in the sentimental but impractical belief that storks bring new babies into this world.

The Bible devotes its first few chapters to a discussion of the origin of created



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matter. The child's elementary physiology should follow the example of the Scriptures by first and foremost dealing with the true origin of human life. The moment a young girl student realizes that she is to take the all-important part in bringing a new soul upon earth she will place a higher premium upon herself. The ultimate objective of a sex education should be to make girls and boys understand that they have been given the potential power of carrying out the greatest of all human functions—reproduction.

Suppose we told a class that the great mystifying principle of life which animates the wonderful body has its beginning in two tiny animate cells which, when they come together, form an infant of the human species. Does this sound like a very indelicate explanation? With a few more details, the aid of a chart and a blackboard it could easily enough convey to the mind of a fourteen-year old girl a highly important lesson in sex matters.

Suppose all girls knew that what sometimes appears to be a man's love may be merely the outcropping of his animal passions. Do you think that if they knew this many girls would be swayed by honeyed words on a moonlit night when soft fire burns in the blood of both man and maiden? Hardly!

Man, when aroused by this sexual instinct, is dominated for a time by a magic influence, and for the duration of that brief period he sees the world and the object of his pursuit under celestial colors which veil all defects and miseries of reality. A man whose heart is aflame with a burning love passion follows only the inclination of a great primal urge. Each moment of his amorous feeling inspires sentiments which he thinks will last eternally. He swears almost inconceivable things, and truthfully believes for the moment he will fulfil his promises.

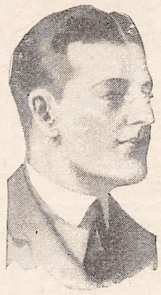
Girls generally find out these facts of man nature when it is too late. And why? Simply because they were not taught about them in school and they had to wait on Bitter Experience to enlighten them.

The colossal ignorance among men and women concerning sex matters is staggering. In all of my official medical positions *I never lost sight of the tragic fact that sex ignorance was responsible for ninety-nine out of a hundred girls "going wrong," and for three-quarters of the cases of venereal diseases in the world to-day.*

Having met many mothers of the girls who "went wrong," I upbraided them for not having warned their daughters against the pitfalls of the flesh. Invariably these mothers tried to excuse themselves by saying they did not know how to intelligently impart the facts without embarrassing both themselves and their daughters!

Sex subjects are embarrassing, but not quite as much as we would make them out to be. Of course, if sex lectures were

The Face of a Real HE-MAN



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to be delivered to an audience of males and females, I can see how the situation might prove very indelicate at times. But no right-minded advocate of the idea will suggest, or approve, of a mixed class in sex matters. The only proper way to teach such a course is to take the boys and girls separately.

I do not feel it necessary to quote from any of my own personal contacts with the sufferings and miseries that a lack of sex knowledge has brought into this world. If you read the daily papers carefully the news columns will prove that each new day takes its toll in dreadful sexual tragedies.

It is my fervent hope and prayer that the "blindness of virtue" will soon give way to the blessed vision of truth in the matter of sex. And then Youth may hope to keep its inheritance of Innocence high above the tarnish of Ugly Experience.

What Would You Do in This Case?

(*Continued from page* 64)

That seems to us a rather good letter on a most interesting subject, and shows that in the main he has a pretty clear sense of the situation and its requirements. He is obviously a fairly consistent physical culturist, and if he is truly less vitriolic than his wife it may be largely because of this fact.

Our correspondent is quite right in his interpretation of the physical basis of his wife's condition. There are numerous instances to prove not merely that one's emotional reactions, as in anger or worry, are based largely upon physical conditions, but even that much insanity is the result of poisoning of the body through various channels—notably decayed teeth, constipation and other sources of auto-intoxication.

If this woman has any more decayed teeth, by all means she should have them taken care of. Anyway, the physical culture life is in every way conducive not only to bodily vigor, but to steady nerves and a quality of mental poise which is impossible without approximately one hundred per cent. health.

But like many other things the problem is two-sided. It is partly physical and partly psychological. And on the psychological side we have to do on the one hand with temperament and on the other hand with the force of habit. We emphasized the element of temperament in the beginning when saying that some people are hot-headed and some cool-headed by nature. Temperament is always a tremendous factor in a problem of this kind, and it is useless to ignore it. What this means is simply that a person who is temperamentally so constituted has a bigger job or a bigger fight on his hands than the person of phlegmatic

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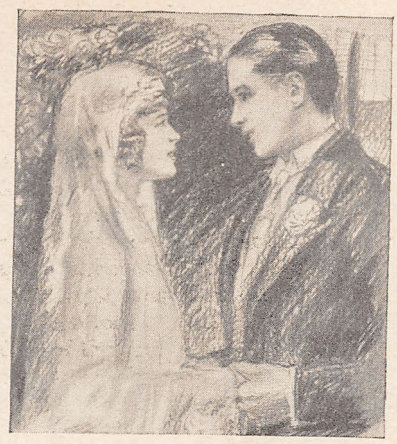
"Womanhood and Marriage"

By Bernarr Macfadden

If You Are an Earnest, Intelligent Young Woman, Possessed of the Fine Instincts of True Womanhood, You Think Seriously About Marriage and Motherhood, and Hope Some Day to Become the Wife of the Man You Love, to Bear Him Children, to Make Him a Happy, Comfortable Home and Then Live Out Your Days Secure in the Deep, Abiding Love of a Faithful Husband and Surrounded by Loving Considerate Sons and Daughters.

Yet, when you read the papers and see the myriad accounts of separation, divorce, scandal and misery with which their columns are filled you cannot help but feel a deep concern at the pitfalls that border the path of wedded happiness; accounts that well may cause the stoutest heart to quail, the strongest confidence to weaken.



In Knowledge There Is Happiness

However, keep this in mind—*there is nothing wrong with marriage—upon marriage is based the home, and the home is the foundation of our nation. But,* like all other great institutions devised by nature for the good and protection of the human race, it is subject to a well defined set of natural laws that *must be obeyed. Therein lies the whole secret of happy or unhappy marriage.*

Until recently there was some excuse for women marrying with no knowledge of the responsibilities of wifehood because a vulgar prudery had thrown a dense black wall of ignorance around everything having to do with marriage, a wall that kept girls and young women from learning *before marriage* the things that every woman *must know* in order to intelligently become the wife of the man she loves and the mother of beautifully healthy children.

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make-up. However, one cannot control his inborn temperament, but he may grapple with the other factor—that of habitual indulgence in fits of temper. And of course habits are to a large extent the working out of the ideals that one may hold along one line or another.

If one has a strongly intrenched ideal of mental poise, consequently a desire for self-control, then this desire and this ideal will lead him to the habit of restraint in moments of anger, until self-mastery is attained. But if one faces the situation in a spirit of self-indulgence, always with excuses for himself and always with disregard of the effect upon others, with no real desire for the restraint of his temper—then the case is hopeless from the standpoint of cure.

If one persists in the attitude that "the king can do no wrong," and continues to find gratification in his outbursts, he will of course make no effort to curb or check them. Probably it all comes down to that. It seems to us that it is entirely a question of *recognizing* the loss of temper as a weakness. This requires that one must be rigidly honest with himself and sufficiently in earnest for self-improvement along these lines. If you have a sincere desire for poise your nature is bound to evolve in that direction. We grow to become that which our ideals lead us to be, if we have any. We would be glad to hear from readers who have had to contend with this problem, and particularly if they have been able to solve it.

That quick temper can be cured is evidenced by the experiences of people that we have known. We were once surprised at the statement of one who seemed to have a naturally most amiable disposition, who confessed that he had been harassed in his early life, and in some cases defeated in his work and purposes by his quick temper. A friend convinced him of his folly, and when he recognized it he learned to control himself. Another says that it was being accused with selfishness—whereas he was generous and self-sacrificing by nature—that made him cure himself of sulks and outbursts of temper; he *was* selfish in hurting others in this way, not to mention unfair to himself. When he realized this he took himself in hand.

If only we could see ourselves as others see us; if we could see ourselves going about with an eternal "chip on the shoulder," would we not some day wake up and take that chip off the shoulder and throw it into the river or into the fire?

If one is concerned with his own temper, then he has within himself the power to contend with it and control it, if only he sufficiently desires to do so. But if he has to contend with emotional dynamite implanted in the make-up of other members of his family, or in his boss, or other people in the office, then he has a problem on his hands of such a nature that we are powerless to offer suggestions. In a case of this kind we humbly ask the assistance of our readers.

What's Good for Rheumatism

(*Continued from page* 41)

my ability to use my hands to pick up small objects, or to walk with any degree of comfort.

In addition I was troubled with chronic catarrh, which so affected my nasal passages that I had a decided thickening of the turbinates, and great difficulty in breathing through the nose.

I grew more and more emaciated, despite the large amounts of food I took, and fell off in weight, until I had gone down to seventy-seven pounds. And still I didn't know enough to call a halt on my food intake.

I now tried osteopathy, which heretofore had been my best friend for a number of years. But I was suffering too much to stand the treatments. I then tried the violet ray, but to no avail whatever. I next turned to the milk diet, which I had frequently used before with great success, but to my surprise I now found the inflammation and swelling in the joints was increased, instead of relieved. I also had my teeth X-rayed, and several abscessed ones removed.

I struggled along for about a year, and then wrote to Mr. Macfadden. He advised fasting, to be followed by the milk diet. The next day I began the fast, taking nothing but liberal quantities of water into my system.

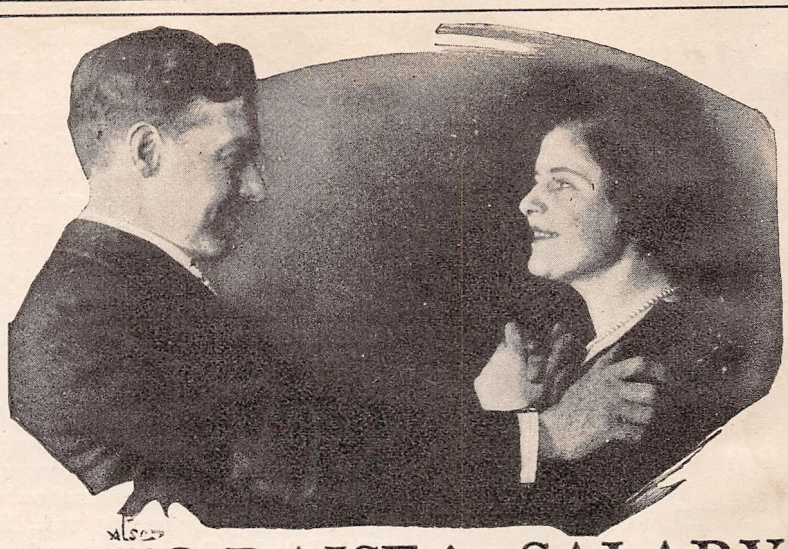
Although I had not been able to do any of my work for many months, or care for my baby, and could only get upstairs on my hands and knees, nevertheless, inside of three days, my pain and stiffness was gone to such an extent that I could actually run upstairs.

This fast I continued thirteen days. Then I used fruit juices for two days, then the milk; but here my trouble began again. Soon I was suffering untold pain.

I proved conclusively that, for me, milk was taboo; that I had what doctors call an "idiosyncrasy" against this particular food, and that it simply was never intended by nature that I could "take care" of milk, with the same wonderful comfort and dietary help that others derive from it. So I cut milk out of my diet list.

I struggled on for another year, with frequent short fasts and various diets, together also with sleeping out of doors all the year round, exercising systematically and conscientiously, taking daily friction and cold sponge baths, with daily walks in all kinds of weather, also sun baths, particularly on stiff and swollen joints, and so was able thereafter to control the rheumatism to a certain extent, but was never able to entirely get it out of the system, or gain back what I had lost during my first and subsequent fasts.

So I went under the care of specialists highly recommended to me. They made a very careful examination, and decided



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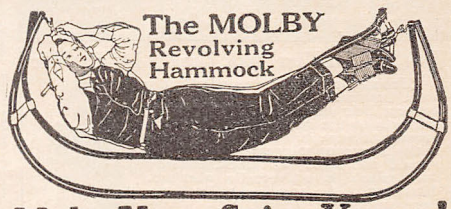

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Prof. A. Barker, D. C., Dept. 643, 865 6th Ave., New York

that what I needed was actually—*meat.*

They gave me meat—for rheumatism—a pound and a half of it every day, minus fat and gristle.

It was lightly cooked, and eaten without bread, or any other cooked food. But to furnish the vitamines and the mineral salts—"base forming substances" the doctors called them—I was given plenty of tomatoes, cucumbers, onions, lettuce, and raw cabbage.

I was instructed to refrain from tea and coffee, as these drinks have a tendency to form uric acid, and to drink from ten to twelve glasses of hot water every twenty-four hours. With a little pinch of salt, to take away the flat taste of the water, one soon gets to like this beverage.

One of the first changes I noticed was that a terribly disfiguring rash, from which I had suffered for more than a year, rapidly disappeared. Then my joints started to limber up. The swelling decreased, the pain and inflammation lessened, until, within a very short time, I was completely free from all discomfort.

Systematic exercises, baths and hydrotherapy treatments, tonic spinal adjustments, and plenty of sun baths, all helped along my cure. Within a short time I had gained upwards of ten pounds in weight, my blood cells increased more than twelve per cent, which, of course, greatly improved my anemia. The catarrhal condition cleared up, the swelling in the turbinates subsided, and all the discomfort from headaches and other catarrhal troubles ceased.

In less than two months I was absolutely a changed woman. My friends hardly knew me. I told them that my rheumatism was packed up in the old kit bag with the rest of my physical troubles, and that the chief thing I had to thank for this was *meat.* They threw up their hands in amazement.

I told them that I was one of those individuals so constituted that meat, to me, was a real food, readily digested and easily assimilated. Also that I avoided the fermentation that a starchy diet seemed to produce in my case, with the development of the acid condition that might start the rheumatism.

As I figure it—and this was the opinion of the specialists—what *any* person has to do in order to get rid of under-oxydation troubles—one of the most distressing of which is rheumatism—is to get on that particular kind of a diet from which he develops the least putrefactive fermentation—and *stay with it.*

With many people—in fact, with most people—this diet may be milk. With me, it was meat.

I don't say it will work with everybody. But I do say that if you have tried fasting, and milk, and fruit, and a vegetable diet—without success—try a short course of meat—lightly cooked, with a dozen or more glasses of hot water a day. And see what happens. If the same thing happens to you that happened to me, you'll be glad I told you about this.

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Ballet Exercises Gave Her a New Back

(Continued from page 55)

relief she was taken to another and another, all of whom proved their skill in accepting fees but not in rendering an equivalent.

One of her experiences was to be placed on an instrument like the rack used in mediaeval torture chambers. The only difference was that a rack and pinion instead of a windlass were employed to stretch her until she screamed in agony. Of course the only effect of this was to make a bad condition worse. All the doctors cautioned her against exercise. Naturally, without exercise, muscles already debilitated could only grow steadily worse.

When she was eighteen years old Dr. George S. King, of Bay Shore, L. I., prescribed a plaster cast to be constantly worn. With a persistence worthy of a better result she wore four of these plaster casts. On this head Dr. Ely, already quoted, said:

"A very young patient may be put up in snug plaster of Paris jackets during the years of growth; that is, for six or eight years, and be made much straighter."

Any one with a moderately vivid imagination ought to be able to picture the effect on a debilitated muscular system of locking the body up in a rigid plaster cast so that all movement would be impossible for six or eight years. And on a growing child, too!

By this time Miss C., who had grown worse from each successive treatment, was in a deplorable condition. Her back was curved from side to side like a huge letter "S," and was even curved fore and aft. The pelvis had been drawn out of shape until one leg was two inches shorter than the other. The right shoulder protruded to the rear and was elevated much higher than the other. Her general health had kept growing worse until she was in very bad condition. Normal functions were irregular or suspended. She was in constant pain. For years she had not known what it was to feel comfortable. Her appearance corresponded with such a condition. In short, she was as near a total wreck as one can be and still keep afloat.

Yet for such a condition a plaster cast was ordered! The last cast forced the pelvis down but made the shoulder worse. It was so tight she could scarcely breathe or swallow. Her wretchedness was greatly accentuated. Four days after putting on the last cast she collapsed. The plaster jacket had to be chiseled off hastily. Her body was found covered with blood from breaks in the skin caused by the cast.

Then followed a nervous breakdown, lasting for six months. On recovering sufficiently to venture out she went to some chiropractors. They were afraid to

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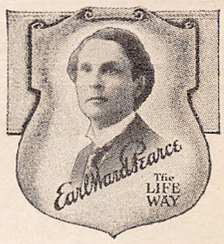

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1247 W. 36th Place, Los Angeles, California

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If advertisements regarding any books in which you are interested do not appear in this issue, place check marks against their names and mail this index to us with remittance and they will be sent you by return mail with the understanding that if, upon examination you do not wish to keep them, you may return them within 5 days after receipt and your money will be refunded without question.

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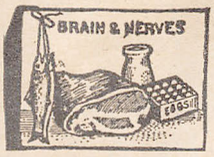

Solvent fruit, such as grape fruit, berries, tomatoes, UNDER PROPER CONDITIONS:
(1) Dissolve or disintegrate tumors, goitres, gall stones, deposits of lime in joints.
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TUMORS. Case age 10. Tumors weighing about thirty pounds dissolved within a year.
GOITRE. Collar reduced 17 to 15, normal size.
UTERINE HEMORRHAGE. Age 50. Three years in rolling chair; weak from constant discharges. Now does housework, including washing.
ECZEMA. Age 69. Eyebrows lost. Skin cracked and scaling. Normal in three months.
PYORRHOEA. Age 65. Pus ceased on 7th day.
PREGNANCY. Age 30. With last two children suffered no nausea, no swollen feet nor constipation as previously. Delivery painless.
CONSTIPATION. Severe cases yield within a week. Sworn statements. **Over 3000 pupils.** Educational book 10 Cents.

Brinkler School of Eating
Dept. 2, 131 West 72nd Street, New York

venture where the doctors rushed in. They could do nothing they said.

As a final experiment she went to see Dr. W., who was recommended to her as one of the foremost, if not the foremost specialist on spinal diseases. As Miss C. describes the interview, the doctor called in his son to assist at the examination. They seemed amused. They could see right through the whole matter.

"Thinking of getting married?" asked the doctor. "Send your fiance to me and I'll tell him—"

"You seem to be under a misapprehension, Doctor, I did not come here to consult you about marriage. I came to see if you could do anything to straighten my spine. I was told that spinal diseases, not matrimony, was your specialty."

"Your case is hopeless. I can do nothing for you. Twenty-five dollars, please."

That ended Miss C's experience with doctors. She gave up all hope of relief from her affliction until a friend came to her with glowing accounts of benefits received from a course of lessons in ballet dancing at Mlle. Munde's studio. Miss C. was not interested at first, but at last consented to see Mlle. Munde. The latter would promise nothing, but was willing to give Miss C. lessons.

Ballet dancers must be supple, graceful, strong with every muscle in the body under perfect control. All their training is to that end. The training is never violent. Grace is not to be acquired by strenuous stunts. And while to the unsophisticated spectator the ballet seems to consist principally of legs, the foundation of it all is really in the marvelously developed muscles of the trunk. Mlle. Munde knew nothing about spinal curvature; she never had occasion to learn from experience the limitations of the medical profession; it had never occurred to her that she could cure anybody of anything. But she had been witnessing daily for the greater part of her life the remarkable results produced by training for the ballet. She had appeared with ballet girls *seventy-five years old* and knew from actual observation how sprightly they were. The training that could work these wonders surely could not harm a deformed girl.

Twice a week Miss C. appeared at Mlle. Munde's studio. Donning a close-fitting jersey she stood before a mirror so she could see just how well she was following instructions. Then with her left hand grasping a bar just as if she were a child taking her first lesson for the ballet she went through the various simple movements that all ballet dancers learn first. Everything was done to music. You have to have music with the ballet, don't you?

Miss C. was put through exactly the same training she would have been required to take if she was to appear in the Metropolitan ballet; and that in itself was enough to make the course fascinating. Half the women in the world want to be dancers, half want to be movie stars, the rest want to be both! As she gazed in the

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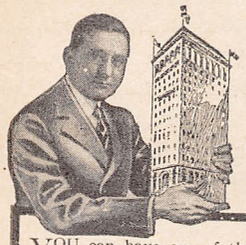

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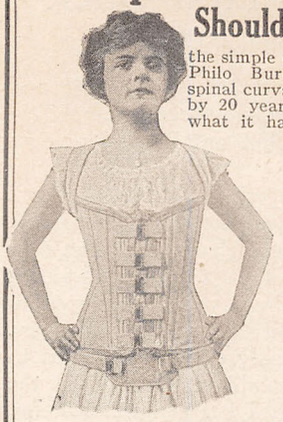

the simple truth about the Philo Burt Method for spinal curvature, as shown by 20 years' experience—what it has done and is doing for more than 45,000 people whose backs were bent, twisted and deformed.

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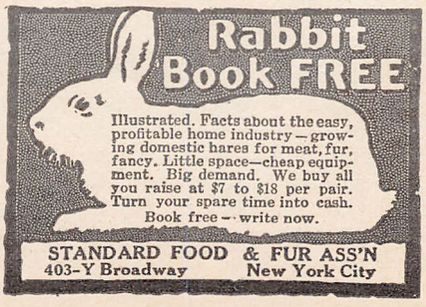

mirror Miss C. could see herself transformed into an airy sprite in tarletan skirts floating around the stage before applauding thousands. In other words, without being conscious of it she was obtaining the utmost benefits of mental suggestion.

Of course Mlle. Munde had to modify the exercises to meet the very limited strength of her pupil when she began. Also she stood behind her and gently helped that high shoulder down into place.

Within two months after she began taking ballet lessons Miss C. was so much better that her friends began complimenting her on her improved appearance. Her eyes, which had been dull, brightened; her skin became clearer. Physiological functions became normal, as the lessons continued. Six months after beginning Miss C. declared that for the first time within her recollection she was free from pain and discomfort. She actually felt well.

She had gained one and five-eighths inches in height, a most amazing development. Those debilitated muscles upon being given rational exercise for the first time had actually gained sufficient tone to pull the body up that much and hold it there. This made a remarkable difference in her appearance. The limp has disappeared. Seen from in front in street dress her shoulders seem normal; only from behind does the right shoulder seem defective. She has color in her cheeks, her eyes sparkle. So extraordinary has been the improvement that Mlle. Munde called in Dr. F. E. Smith, a prominent New York surgeon, to examine her pupil. I talked with Dr. Smith just before writing this article. He expressly authorized me to quote him as saying:

"I have never seen such remarkable progress in a case of lateral curvature of the spine as has been made by Miss C. under the guidance of Mlle. Munde."

The Call for National Physical Education.

OUR readers may remember the article by Senator Arthur Capper, in the June number of PHYSICAL CULTURE, on the Fess-Capper Bill for national physical education.

This Bill advocates the cooperation of the Federal Government with the States in establishing physical education for all children of school age. It has the support of dozens of national organizations devoted to education, health and public welfare, and has a good chance for active consideration during the short session of Congress which begins in December. All friends of universal physical education for school children should express to their Congressmen their keen interest in this measure. All physical culture enthusiasts will recognize in this proposed legislation one of the most important matters which could be considered by Congress.

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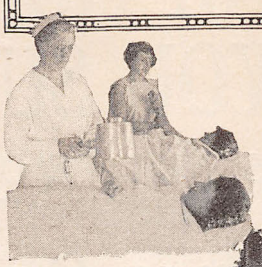

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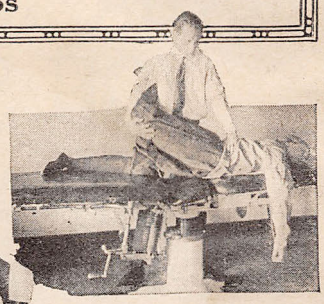
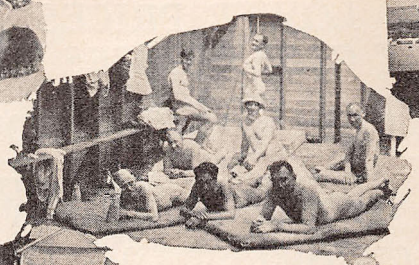


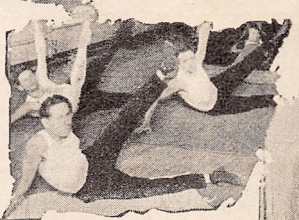


Above you see a mechanical treatment being given by the nurse to the right, while the nurse to the left is making use of light rays.

Both these means of treatment are very valuable.

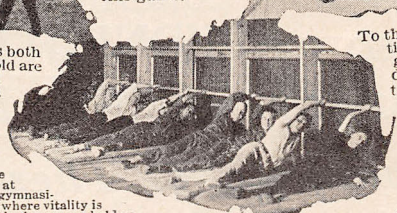
Above is the mechanical treatment. If the patients are unable to exercise, this particular method of increasing circulation and making the body supple is very valuable.

At the left the patients are engaged in the exceedingly interesting game called volley ball. A great deal of fun and benefit is secured from this game.



Sitz baths both hot and cold are of unusual value in building vitality.

Above and also at the right you see the patients at work in our gymnasium. Here is where vitality is secured which gives one a hold on life that is unusual in character.



To the right a patient is being given a hydropathic treatment, termed the douche. This particular water treatment is given throughout the entire body and is of unusual benefit to the circulation.

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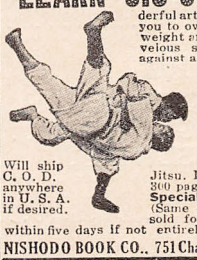

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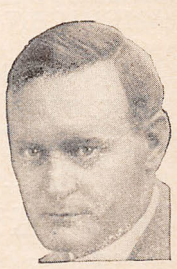

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How Much Is There in This Mental Stuff

(*Continued from page* 49)

back the science of healing more than anything else.

It is true—nobody does know very much. Compared with what we shall know some day, compared with what our great-great-grandchildren will know, our ignorance of the healing art is colossal.

But we know a lot more than we used to know. We know enough so that if we would *use* what we do know, it would be of great practical benefit.

No one knows exactly how far the mind can go. Any one who says that he does know, or who sets down definite limits, or who says there are no limits—I care not whether he be physician, metaphysician, or mental healer—simply thereby reveals his ignorance. He is dogmatizing in a field which is too new and mysterious and unexplored for dogmatism. He can guess, he can surmise, he can have his ideas. But he does not *know*.

To be sure, at the present time, the mind does *seem* to have its limits, in its jurisdiction over the body. Within these, it moves powerfully and accomplishes marvellous things. It has, in fact, a great deal more power over the body than is realized by the average person.

I imagine one has to experience this power for himself before he can fully appreciate it. I have had the experience of discovering for myself some of the marvellous things that can be accomplished by the mind and have also found out some of the things *that it cannot seemingly accomplish*.

A number of years ago I had a nervous breakdown. During fifteen years I grew steadily worse, until I had accumulated about every ailment on the calendar. I went from doctor to doctor, receiving no help whatever. Diet alleviated some of my troubles—kept my indigestion down to a certain degree, and slightly improved my elimination. But diet did not cure my nervousness, my frightful headaches, my hay-fever, my insomnia. Nor did osteopathy, chiropractic adjustments, electric treatments or a long stay at a sanitarium.

When I at last came to realize that much of my nervousness and misery had been caused by lack of emotional control, and by the indulgence for years in worry, hurry, over-enthusiasm, stress and strain, and had trained myself out of some of my bad mental habits, I discovered that I had also trained myself out of my insomnia, my headaches, my hay-fever, and other troubles.

In fact, the change in me, both mentally and physically, was so great that I felt and looked like an entirely different person.

But I was not yet entirely well. And I did not seem to be able to progress beyond a certain point, or at least not as rapidly as I felt I had a right to expect. I was completely free from many of my former ailments. I was stronger than ever before in my life. But I was not yet robust. My digestion was not sound. I was still badly constipated at times.

I went on like this for a year or so. Then there came into my life a prolonged period of mental and emotional strain. A nerve specialist told me I must get away, that I could never stand it, that it was "enough to kill anybody!" But I could not get away, and I told him I *could* stand it.

My refusal to become discouraged or to pity myself kept me up much longer than would otherwise have been the case. But eventually I did go down. There was too much to fight, with the degree of strength I had made available for myself. I got to feeling tired all of the time, lost interest in my work—was unable to work, in fact—developed some of my old ailments all over again, was badly constipated, hideously depressed, and at times half hysterical with worry. My eyes troubled me terribly. They looked and felt wretchedly. When I went to an oculist he told me my vision had gone off fifty per cent., that my right eye was "strained in every possible way," and that the muscles of the left were "very bad."

And do you know what brought my eyes back to normal, in just a few weeks; toned up my digestion; *cured my constipation for good*, and drew me out of my depression, weakness and nervousness into a state of normal wholesomeness and positiveness again? Nothing in the world but *physical* measures.

First, I adopted a diet of milk, nuts, cheese, an egg now and then, lots of fruit, green and leafy vegetables, honey, salads, etc. No meat except chicken or turkey occasionally. No potatoes excepting baked ones, eaten with the skin. No macaroni, rice, spaghetti, cream of wheat or hominy grits. No coffee. No tea. No vinegar, no pepper, no mustard.

Second, I increased the amount of my room-exercising from five minutes a day to fifteen, and began to do more walking. Third, I abandoned my daily warm tub, substituting for it a daily cold spray, followed by a massage with a rather stiff brush.

I felt the good effects of all this practically at once.

Within about ten days there was a noticeable improvement in the condition of my digestion and elimination. In another week some of the fatigue had yielded, and a lot of my depression. I began to feel more interested in my work. Conditions in my home were worse than before, for now there was serious illness. But instead of going to pieces under all the distress and hard work and responsibility, I grew stronger day by day. I had never felt so well.

In a few weeks my constipation was entirely cured. And I had been that way

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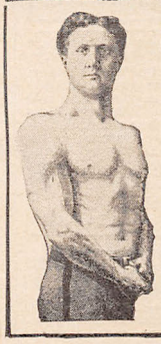

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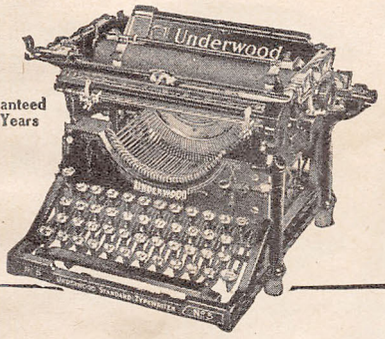

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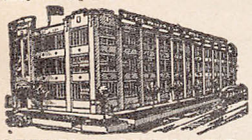

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all my life! One physician had told me he had never seen so bad a case in all his twenty years' practice. My digestion had improved a lot, too. I had gained eight or ten pounds. I was getting through with what I had to do, every day, without undue fatigue. My mind was much more alert, and I was infinitely more poised and wholesome-minded and cheerful. Everyone was telling me how well I looked. About this time I visited the oculist again, and was told that my muscle trouble had *entirely disappeared* together with most of the evidences of strain, and that my vision was greatly improved.

And I went right on improving. I have done so ever since. I am not sick any more. I get away with a good stiff day's work and work three evenings, too. As long as I stick to correct habits of diet, exercise, and bathing, in addition to correct thinking, I have nothing of which to complain. But if I let up on these, and indulge in the let-up long enough, I surely do feel the effects.

This experience of mine has thrown a lot of light for me, at least, upon the question of when physical measures, and when mental, are required. It seems to me you've *got to have them both—the extent to which you will have to depend upon either the one or the other depending upon the requirements of the case*, whether mental or physical *causes* are mainly to blame for the trouble.

Diet, exercise, etc., alone, can absolutely fail in some cases, because, although physical habits may be contributing to the patient's misery, they are not as directly responsible as are certain mental conditions—unhappiness, loneliness, temper, emotionalism, worry, resentment, etc.

On the other hand, it is absurd to expect to cure everything with mental measures alone. The cause of the trouble may be mainly physical—wrong diet, lack of exercise, hot baths, shallow breathing, or something like that.

We have both a mental and a physical side to us. There is no getting around that fact, nor around the fact that these two sides of our natures are in constant interaction, constantly influencing each other. The man who is sick is likely to become worried and irritable and depressed. The man who is worried and irritable and depressed is likely, in time, to develop headache, indigestion, insomnia and constipation.

It's like a business partnership in which Mr. Mental and Mr. Physical constitute the firm. Certain jobs are Mr. Mental's specialty, and certain others Mr. Physical's. But in the majority of cases, neither works entirely alone, for there is usually a certain amount of work to be done on each job which can be done better by one than the other. Seldom does Mr. M. or Mr. P. handle a job all alone. Many times they work with such equal division of labor and in such har-

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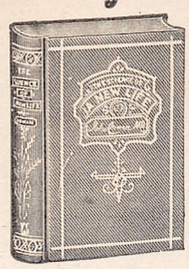

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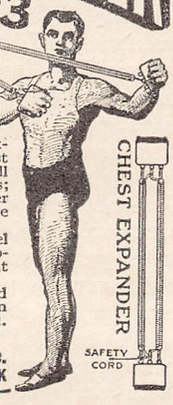

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mony it would be difficult to tell which part of the work had been accomplished by one and which by the other.

There is a right and a wrong way to live. Right living includes certain *habits*—correct habits of eating, exercising, breathing, bathing, dressing, working, playing, thinking. If any one or two or three of these is neglected, we have placed ourselves under just that much of a handicap.

Our need is not for more doctors, or hospitals, or sanitariums, of course. What we need is more education to these correct, healthy *habits*—physiological and psychological understanding of food values and food balance; the importance of fresh air and exercise and cold water; training in self-control, confidence, optimism, serenity and strength.

This education is coming along steadily, through channels both orthodox and unorthodox—through a few doctors who think and the many who do not think; through the successes of some and the failure of others; through our illness and our cures, through our failures to be cured; through the New Thought and other mental, metaphysical and religious movements; through the Physical Culture movement.

How much is there in this mental stuff?

Enough so that you can tone up your physical condition tremendously and cure yourself, probably, of a lot of physical ailments, through mental means, if you will also remember, at the same time, to furnish your brain with a pure blood supply.

Enough so that you can learn to master those troublesome emotions of yours. Enough so that you can entirely eliminate worry, hurry, depression, discouragement, irritability, sensitiveness, self-consciousness, etc. Enough so that you can remodel your disposition, after a much more satisfactory pattern. Enough so that you can make yourself into a very much happier person, a very much more efficient person, a very much more successful person. Enough so that you can become able to meet life with a poise and a power you have never dreamed of possessing.

But not enough so that you can "think yourself back to health" while at the same time you eat anything you please—if you please foolishly! Not enough so that you can sit around in a rocking-chair on the front porch all day, and keep fit on "affirmations." Not enough so that you can abandon common-sense.

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Daredeviling—A Pure Matter of Training

(*Continued from page 51*)

not have to maintain my old skill as an aviator. I was trained as a flyer during the war, receiving my commission just too late to get to France.

As I said before, I always do in practice a little more than I am called upon to do before the camera. I never have any one double for me. However, my training makes comparison interesting when I have some one in the picture who must do just what I do. Recently I had occasion to do a motorcycle leap. Another motorcyclist was to follow me. On the level he had jumped much farther with a machine than I had ever done. We were to do a jump of some thirty feet. I practiced for it over a gap of forty-five feet from rim to rim. At the location the man failed me. He could do it on the level, but not under picture conditions. Now I attribute his failure entirely to lack of general physical fitness.

Some people haven't the will power to get themselves into condition by simple exercises at home. They need the psychological influence of the gymnasium. Take my father, for instance. Several years ago I went home to Pittsburgh to see him. I hadn't seen him for some time and his appearance was a distinct shock to me. He was letting himself get old. His physical condition was re-acting on him mentally. He was acknowledging to himself that he was getting old. He wanted me to take his crochets and his whims as a matter of course, as incidental to his age. I refused to do it.

"Dad, it's the gymnasium for you," I asserted, after he had given me a long catalog of the ills that the flesh is heir to, some of which he had in the flesh and others of which he had in his mind.

How he scoffed! But I held my ground. I told him what I had done for myself and what I had seen others do. I outlined simple exercises suitable for his soft condition and his age. He wouldn't listen. Yet despite his protests I managed to drag him off to a gymnasium. He grumbled through the first day of it. He didn't see that he was getting any benefit. The next day I had hard work getting him back again. He grumbled some more, but not so loudly. At the end of the week he was going without any words of persuasion from me and grudgingly admitting that he felt better. At the end of a second week I had to return to New York. In the morning I asked him if he wouldn't go down town with me.

"I can't do it, my boy," he replied. "I'll meet you for lunch; but I can't go down town with you now."

"Why not?" I asked. "This is my last day here, and I want you to be with me every minute."

His eyes twinkled. "Well I have an

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engagement at the gymnasium this morning to play handball, and I can't miss it."

I looked at him and marveled at the change. What a difference just two weeks had made! Already there was the glow of health on his cheeks. His eyes had a brighter luster. He was ten years younger than the day I had come home. He has kept up his gymnasium work since then, and today if you saw us together you could well believe him my brother and not my father.

In our serials we figure out that there are four great big thrills in every reel of film we take. That means that at least four times a week I am facing what the untrained man would find would be almost certain death. Now if you could look at my hands you would find them hard and calloused. I keep them that way purposely. Let me tell you the reason why.

Yesterday we were working on a railway location. The business called for me to cling by my hands to the front end of a box car which was dragging me. There was not clearance enough for the car to pass over me were I to lose my grip. I was asked if I could hold on when the car released on a slight grade. It gathered unexpected headway and ran right out of the picture. I was dragged with it in its mad career.

It was an exciting, breathless moment for the men gathered about. They threw boards across the track and after a time succeeded in stopping the car. If I had not had the confidence of perfect preparation in the gymnasium I should not be here now. Having developed my arms and hardened my hands to an iron grip, I looked on the episode as just part of the day's work.

Some time ago a chandelier from which I was swinging crashed into a girder, breaking the electric light bulbs and the globes. As the crash came I released my hold and threw my hands in front of my eyes to save them. It meant a drop of thirty feet to the floor, but my eyes came first with me. Both my arms were broken in the fall. My left arm was so severely fractured that the surgeons wished to amputate it. I fought against it while I was conscious, and then my wife took up the fight. I was told that my arm would be useless; but I said that no one really knew and I would take whatever chance there was that I might be able to use it again.

Sure enough, when I got out of the hospital it looked as if my picture career were at an end. My arm seemed useless. I went to work in a gymnasium. Days would pass, weeks even; and I saw no improvement. Then I found I could twist it a little. Finally came a day when I could bend it a little. I knew that I had won. I kept everlastingly at it. Today my left arm is as good as my right, albeit there is a slight crook in it still. On the screen no one can tell the difference.

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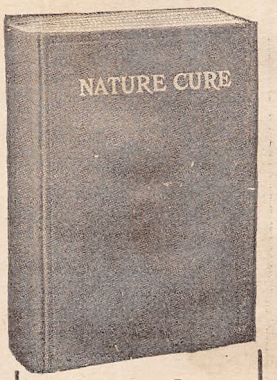

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It is a fact that only about one person out of three enjoys good health. And those who are physically a little "off" right now will more than likely be the ones to succumb to preventable diseases this year. And they are the ones who should not die.

That occasional headache, that tired, exhausted feeling, loss of appetite, the casual cold—all these are danger signals you should heed. Nature is warning you of impending sickness. Seemingly trivial symptoms tell of serious troubles taking root in your body. And yet, ninety-nine people out of every hundred will absolutely ignore these danger signals. As long as they are not flat on their backs, they will fool themselves into believing that they are all right.

The Average Person Pays Thousands of Dollars in Doctor's Bills

Nature is merciless. If you do not understand her laws and her methods of preventing and curing sickness, you suffer. She knows no excuses—she accepts no apologies. Animals instinctively know what to eat and how to exercise to avoid sickness. And even if through close confinement or when wrongly fed they become ill, they quickly recover their health when allowed to eat and exercise as their intuition guides them.

You can rule your health as surely as you rule your actions. The person who does not understand Nature's method of preventing and curing sickness is ill an average of 21½ days each year. In fact, it is estimated that the average person in a lifetime spends $4,100 on doctor and hospital bills, loss of time from business, medicines and other expenses due to illness. Thousands of people are living half-powered lives because they are ignorant of the laws of Nature. Many of these people will fill an early grave, when they might easily have lived to enjoy a ripe old age.

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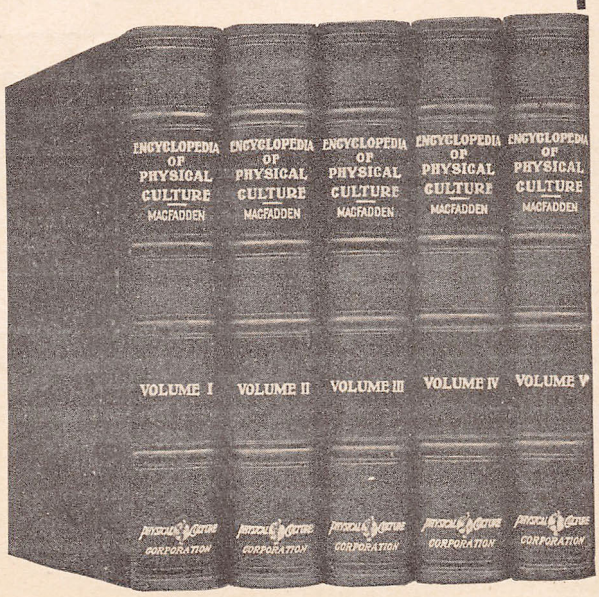

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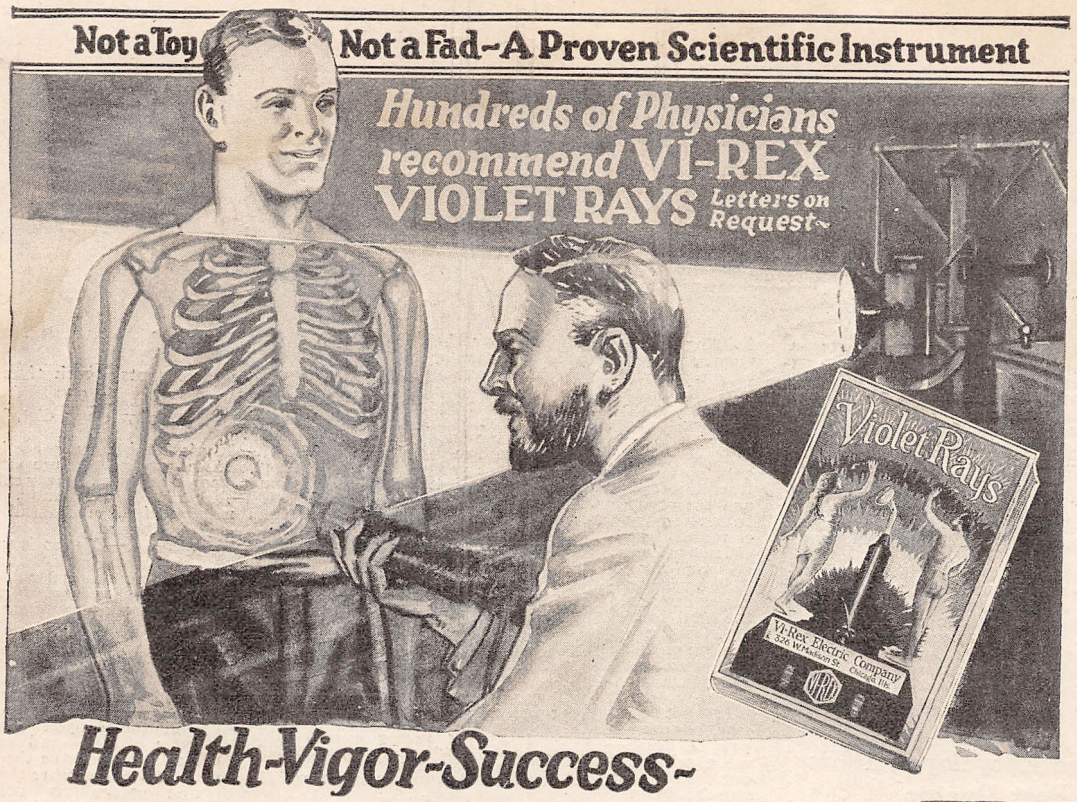

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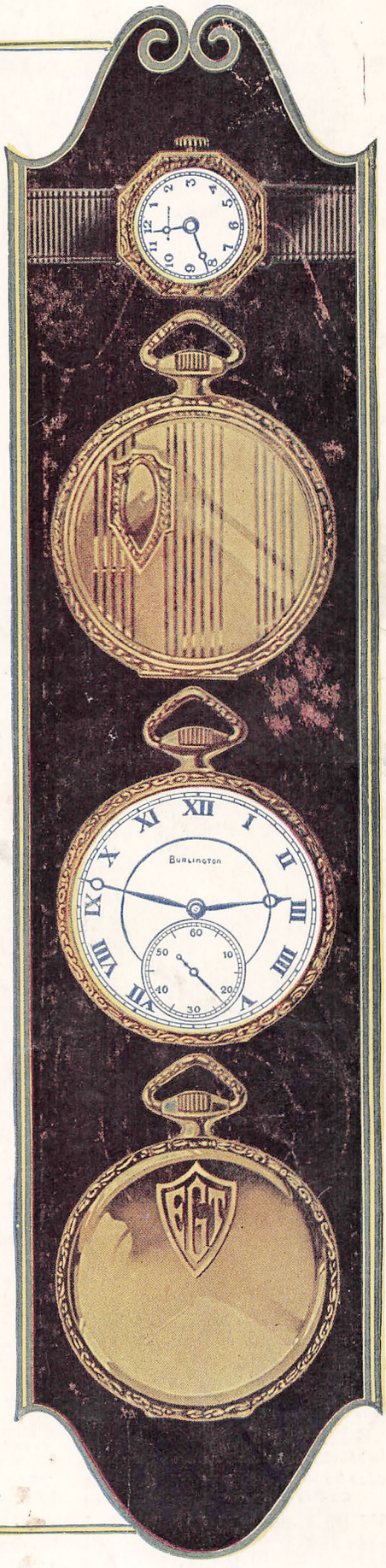
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